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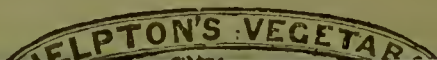
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Simple Lessons in Cookery

AND

ECONOMICAL HOME MANAGEMENT.



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PREFACE.

IN issuing the present "Sixpenny Cookery Book," the prominent object in view is to show the artisan and his wife how to obtain *better food*, and *food better cooked*, than they enjoy as a rule.

And also, to teach the artisan's daughters *at home* what they, unfortunately for themselves and others, hardly ever do learn at home,—the rudiments of cooking, sufficient to help them materially when they are old enough for domestic situations.

We bestow upon girls a gift of rare value to them *throughout their lives*, if we show them how to cook. Girls are *worth more*, considerably, from a monetary point of view, when they can cook. How often a mistress says despairingly of her young servant, "Yes, she is a good girl, but she is *so stupid at cooking*."

Such a state of affairs should not be amongst our artisan's girls, and what is more, it *need not be*.



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INTRODUCTION.

I.

When we consider that a healthy man of usual size takes into his stomach every year, on an average, about three hundred pounds of meat, five hundred pounds of bread, three hundred pounds of potatoes and vegetables, ninety pounds of butter and fats, and one hundred and fifty gallons of tea, coffee, water, or other fluids, we can easily realise how great importance is to be attached to the subject of cookery.

None are more interested in this subject than the poor. For their own needs they have to make much out of little, and to perform every cooking operation with the fewest and humblest appliances, and with no time to spare. "The mother of the family," says one writer, "has to clean and dress her children and get them off to school before she can do anything towards the dinner. In the evening there arises again a severer conflict between her maternal and her conjugal duties. The upshot of all is that the most conspicuous feature in the poor man's meal is its ready-madeness; that is, the very little aid received from art by nature. Boiled vegetables, dumplings, soaked bread, tea-kettle broth,—that is, hot water with butter, or some equivalent, floating upon it,—and a bit of boiled bacon, are the utmost meal provided for the poor man returning home cold, exhausted, and often wet through, at the end of a long day's work. The resources of the labourer's garden are few and soon exhausted; and as for the herbs which Frenchwomen cull from the field and the roadside for the salad or the pot, the Englishwoman could not afford time for the search, even if her husband cared for a salad.

"But although the question seems thus reduced to a necessity admitting of small choice, it must not be forgotten that the English labourer's diet has changed much within memory, in some respects for the better, in others for the worse. He will have only the finest wheaten bread, to the exclusion of some important constituents in the grain; he knows nothing of barley bread or rye bread, or any combination, or of oatmeal cake or porridge, while his vegetables have been reduced year by year down to the monotonous and unreliable potato.

"The general effect on the health and strength of the poor is a question. On the one hand, the children of the poor, always out of doors, except when at school, and dining on hard dumpling or simple lumps of bread, are often healthier and stronger, and even happier, than the more favoured child whom parents, nurses, and cooks are tempting with new delicacies, and doctors are

waiting to resene from outward infection or inward disagreement. On the other hand, it is a very common remark that the rising generation is a stunted one in comparison with the past.

"But it is not only for themselves that the poor have to learn cookery. They have to cook for their betters. At the age of fourteen, the village girl, and often the artisan's child also, has 'to go out to live.' Her first essay is generally as a maid-of-all-work, when she has to do all the cookery required for some very economical household. At any age after that she may be called on to assist in the kitchens of the rich, and, unless the class of cooks is recruited from the ranks of common industry better than it has been lately, the rich will find themselves one day reduced to the painful necessity of cooking their own dinners, for the ery still increasing is that there are no cooks, and none can say where they are to come from."

This is a much too melancholy view to take. Practical instruction in cookery, advocated by so many eminent education-alists, is gradually taking its position in the course of instruction pursued at elementary schools. But in spite of what has been and is being done, much remains to be effected in this country to promote material prosperity by means of the proper use of food.

The present work is an attempt to provide such an elementary cookery book as may serve for preparing young girls for domestic duties. Rightly used, it will be found to afford "every facility for drill in the art of cookery." There is no doubt that by its introduction and employment little short of a revolution would ere long be effected in the eating and drinking of our labouring population.

Cookery is best taught by actual practice; and reading a book on such a subject can never take the place of seeing with our own eyes and trying with our own hands. But a Cookery Lesson Book such as this has its uses. It tells why a thing is done; aids in the recollection of the processes we have seen; informs us of the nature and value of the various foods, and furnishes a complete set of recipes to be experimented upon.

By way of illustration of the successful working of a cookery class, we reprint the following description of a children's "kitchen laboratory" in a small village school:—

"The room was a square one, fitted up for present necessities. A large table in the middle, two cooking-stoves at the right-hand side, and broad shelves or tables by each wall, which perhaps were some time school desks. On these shelves were bright sauce-pans and kettles, plates and dishes, basins and bowls, chopping-boards and trays. Over these shelves or tables were wooden pegs, on which hung all kinds of utensils intended to act as aids to culinary skill; there were strainers, dredgers, tammy sieves, hooks, skewers, biscuit cutters, and conveniences innumerable.

"The workers clustered round the table, or busied themselves at the side-shelves, all intent on the matter in hand. Here was a tiny thing, of perhaps ten years, chopping away at Australian meat that had to be minced; there was another, scarcely so old, performing the same kind office on parsley and thyme. Here was one slicing potatoes, and another cutting up beef, and another rolling out pie-crust.

"So busy were they, and so constantly popping here and there, that it was some time before one could realise the perfect order of their work; each one was working to only one end, and, though the labour was divided amongst them, all of them were capable of doing any part of the work in hand. For instance, one made pastry; another rolled it out and cut it into strips; a third egged and lined the edges of a number of little dishes; a fourth put in the cut-up beef and sliced potatoes; a fifth seasoned and added water for the gravy; a sixth put on the top crust, notched the edges, and finished off with some wonderful decoration in the shape of a rose and leaves; and behold the table was covered with potato pies, which were at once carried off to the baker's. Then the croquet shapes were in requisition, and the minced Australian meat, nicely flavoured with onion and seasoning. Some of the little women lined the tins, others filled them and covered them. Others turned them out, covered them with egg and breadcrumbs, while another fried them in the boiling fat. On the other side, one measured out the minced meat and made up dainty rissoles, while next to them three were busy with baked apple-dumplings, while quite an interesting party weighed and measured and discussed the preparation of some gingerbread nuts. And every now and then there was a running to the stoves 'to stir my stew,' or 'to look at my cakes,' or 'to see that my pudding was not boiled dry,' which showed them to be cooks in embryo.

"At half-past twelve, as if by magic, the table was cleared, and the cloth laid, and the spread began. The pies were fetched from the bakery, and each one dished up her own. There were potato pies, soup, stew, beefsteak pudding, croquets, rissoles (fried to such a delicious brown), raisin pudding, boiled bread puddings, apple and currant dumplings, currant cakes, gingerbread nuts, and many other dainties. Twelve little children of the village came in and ate their dinner there; others came and purchased dinners to take home. Jugs were brought for soup, plates and dishes for other good things. Potato pies were sold for 2*d.*, 3*d.*, and 4*d.*, according to their size. Croquets and rissoles cost $\frac{1}{2}$ *d.* each, a good meal of beefsteak pudding cost 3*d.*, and the especially delicious stew was only 2*d.* a quart.

"We were informed that the little cooks themselves were large purchasers, and eventually dined heartily themselves off their preparations. I have said something of the workers and the work,

but nothing of the teachers. What more can I say? Their work speaks for them. Two or three young ladies—themselves arrayed in spotless aprons and sleeves, and the delightful French cap—were constantly watching over the youthful energy they had called into exertion. Advising, hinting, praising, and, with their own hands, setting plainly before their pupils the better way of doing everything. Stirring the fire, peeping into the oven, chatting and helping, their work speaks for them,—it is not for me to give them higher praise than that; and surely not the least part of their reward was the perfect love and confidence evinced towards them by the whole of the youthful band. ‘We find it costs us about 2s. a week, besides our trouble,’ one of these ladies courteously informed me. Two shillings a week! and such results. More than a dozen ignorant girls instructed and encouraged in the attainment of such skill as will be useful to them all their lives, and this for 2s. a week!”

II.

Before proceeding to speak of the actual practice of cookery, it will be as well to point out the objects underlying all cooking processes, and say a word or two on the very important subject of the connection of eating and drinking with health.

First of all, cooking makes our food more attractive to the senses. Not only the appetite, but the eye and the sense of smell are gratified by the processes of baking, roasting, and stewing, and thus the food becomes more longed for, and, consequently, more gratifying, than it possibly could be in a raw state.

Secondly, the process of cooking is attended or preceded by processes of cleaning, by which much in food that is repulsive and useless is cast aside,

Fish and animals are usually dressed before they go to the gridiron or frying-pan; and it is by this process of dressing that most meats and fish are made fit food for civilized people. Similarly, but to a less degree, with fruits and vegetables, nearly all of which need more or less of lopping off and scraping and cleansing before they are put into the oven or stewpan.

Thirdly, it makes food more digestible.

Boiling, stewing, and roasting make flesh and fish softer and more juicy, and, consequently, they are more easily assimilated.

The abstract nutritive value of food is not necessarily increased by improving its digestibility; but, on the contrary, is some times diminished. The process of boiling, especially, reduces very materially the actual nutritive value of meats.

Fourthly, the combinations made in the processes of cooking enhance the attractiveness, consequently the value, of natural food.

Fifthly, cookery destroys the parasites with which some food are infested.

The close connection of cookery with health is apparen

to every one who has given any thought to the subject. The best protection against sickness and pestilential maladies is good living, which means an abundant supply of nutritious food *well prepared*.

Unhappily, as things go, many a badly-cooked dish has cost an industrious husband twenty pounds in doctors' bills, and many a human life has been sacrificed to the ingenious preparations of our kitchens. Among the devices of cooks which are very apt to prove causes of diseases may be enumerated, lobster salad, fried oysters, boiled crab, rich pastry, boiled dough in the form of plum puddings, dumplings, etc., boiled corned beef, hard-boiled eggs, pork in most of its forms, cucumbers however prepared, excessively sweet dishes, and rich gravies in general. People who are not iron-clad inside and out, and who will trifle with their health by eating these so-called delicacies, should at least have their wills made and their property judiciously disposed of.

There are some things, those, for example, already enumerated, about the unwholesomeness of which all are agreed; but there are numberless others about which it is impossible to decide one way or other without considering them in all the circumstances to which they bear relation, and without taking note of the unaccountable peculiarities of different constitutions.

Let every one consult his stomach. To eat and drink such things, and in such quantities, as agree with that perfectly well is wholesome for him whilst they continue to do so. That which satisfies and refreshes us, and causes no uneasiness afterwards, may safely be taken in moderation whenever the appetite is keen.

The best answer, then, to all inquiries about *the wholesomes* are the following questions: "Do you like it?" "Does it agree with you?" Then eat in moderation, and you cannot do very wrong. In moderation, we say, and not like a youth who recently at Sheffield fair ate for dinner a potato pie, two plum puddings, some gingerbread, a rice pudding, five squares of Yorkshire pudding, three basins of soup, beer, water, and four bottles of lemonade. This promising youth did not survive the effect of his gluttony.

There is nothing so well appreciated as temperance in diet. Every one knows that it is better to dine on one plain dish than on half a dozen. Yet how few there are who observe this, except when compelled by "necessity's supreme command."

Cornaro says that as we grow old we should eat less, because the digestive powers diminish apace. The quantity requisite at any time, except in childhood, is much less than we imagine. Many persons are unhappy when they have not a very good appetite, or rather, when they are not able to eat most plentifully. Great eaters, however, seldom give much trouble to the historian of longevity—they are nearly excluded from his list. It is a very old maxim, that we should always rise from table with an appetite;

in other words, that we should not eat quite as much as we could. But we think one might sufficiently observe all the moderation necessary to health without adhering to such an uncomfortable rule.

It may be stated as a general rule that the strong, robust, and active require a larger quantity of food than the weakly, delicate, and sedentary; infants need less than children, and children less than adults. Women in general need much less food than men, and all persons should take a smaller quantity in the relaxing days of summer than during the cold of winter.

Among the principal laws of diet that have been established by experience, and more or less explained and confirmed by chemical and physiological science, are these:—

1. *The appetite, with all its liabilities to error, is under the guidance of individual experience, the best guide we have in determining the quality and the quantity of our food.*

2. *The food of all classes should be generous, both in quantity and quality; and there should be an agreeable variety, not only from week to week and day to day, but at each principal meal.*

3. *The quantity, the quality, and the variety of food must be modified by race, climate, season, age, sex, occupation, habit, and the progress of civilization.*

4. *The principal meals should be taken with tolerable regularity, and in calmness and leisure, and amid agreeable social surroundings.*

The custom of having regular hours for meals is peculiar to civilization. It is only possible where food is tolerably abundant and accessible; and it is most necessary among those who are most sensitive, delicate, and nervous.

The times for eating for the great majority of people, those who have to work hard, or are old or infirm or weakly, should be morning, noon, and night, and nothing whatever between.

The hard working cannot labour to advantage if the meals are more than six hours apart, as they begin to lose their strength; in all such cases the digestive functions become too weak to manage but a moderate quantity of food, and they would get over-hungry and would over-eat, if the time between meals were over six hours.

The proper time for eating fruits of every description is half an hour before breakfast and dinner; and if in their ripe, raw, natural, and fresh state, the acid which their juices contains, and which is their healthful quality, is at once absorbed and carried in its strength into the circulation.

However the diet may be regulated, a few simple rules as to eating should always be borne in mind. 1. That while a spare or low diet is seldom either necessary or harmless, the stomach should never be filled to an extent sufficient to cause any sensation of uneasy fulness. 2. That eating should always be

sufficiently slow to admit of thorough mastication of food. 3. That solid food should not be taken with much fluid, it being better to drink freely between the meals. And, 4, that neither mind nor body should be actively exercised very soon after a full meal. If these simple rules were attended to, and at the same time a sufficient amount of exercise could be taken, pure air breathed, and proper habits of life adopted, almost any kind of wholesome food might be assimilated, and the processes of nutrition would go on in a healthy manner.

The time taken to digest different sorts of food is shown by the following table:—

THE DIGESTIBILITY OF FOOD (*Beaumont*).

Beef, $2\frac{1}{2}$ to 3 hours.	Good cheese, somewhat old, $3\frac{1}{2}$ to 4 hours.
Veal, 5 hours.	Rice, about 1 hour.
Mutton, 3 to $3\frac{1}{4}$ hours.	Oatmeal, less quickly digested than wheaton.
Lamb, $2\frac{1}{2}$ hours.	Bread, $3\frac{1}{2}$ to 4 hours.
Pork (roasted), $5\frac{1}{2}$ hours.	Potatoes, $2\frac{1}{2}$ to $3\frac{1}{2}$ hours.
Young pickled pork, 3 hours.	Beet-root, $3\frac{1}{2}$ hours.
Sucking pig, $2\frac{1}{2}$ hours.	Cabbage, etc., $2\frac{1}{2}$ to 4 hours.
Bacon, less than 3 hours.	Sago, $1\frac{1}{2}$ hour.
Broiled venison steak, $1\frac{1}{2}$ hours.	Arrowroot, $1\frac{1}{2}$ hour.
Tripe, 1 hour.	
Pigs-feet, 1 hour.	
Eggs, 3 to 4 hours.	

The following normal diet tables have been prepared by Dr. Dobell, and are, perhaps, as reliable as any. They are reliable so far as they accord with experience; and must, of course, be greatly varied by season, temperature, occupation, etc.

It has been estimated that the average consumption of *dry* food for Englishmen in health is from 700 to 750 pounds a year, or about two pounds daily, with five or six pounds of water.

FOOD FOR TWENTY-FOUR HOURS.

Oz.	No. 1.	Oz.	No. 2.
6	Meat, poultry, or game.	18	Bread.
4	Fish.	$3\frac{1}{2}$	Cheese.
10	Bread.	3	Bacon.
8	Potatoes.	$1\frac{1}{2}$	Sugar.
2	Rice.	5	Milk.
$2\frac{1}{2}$	Sugar.	20	Chocolate.
$2\frac{1}{2}$	Butter.	21	Tea.
5	Milk (liquid).	20	Water.
16	Coffee „	—	
16	Tea „	92	ounces.
17	Water „		
—			
89	ounces.		
Oz.	No. 3.	Oz.	No. 4.
16	Oatmeal.	25	Bread.
22	Milk.	$3\frac{1}{2}$	Cheese.
$1\frac{1}{2}$	Butter.	2	Butter.
$\frac{1}{4}$	Sugar.	60	Water.
49	Water.	—	
—		90	$\frac{1}{2}$ ounces.
89	$\frac{1}{2}$ ounces.		

It will be observed that all of these tables contain all the necessary variety and quantity of food.

It is as well to add a note to these tables by way of a caution, and it is to this effect, that the man who eats by weight and measure is not likely to live long.

THE DIET OF CHILDREN.

1. From eighteen months to two years old.—Breakfast at 7.30 a.m. A large cup of new milk with a good slice of stale bread; or half-a-pint of hot bread and milk. Dinner should be taken about 1.30 p.m. It may consist of some good beef-tea or broth, in which some bread crumbs or a well-mashed potato may be mixed. A cup of milk and water may also be given. At 6 p.m. a large cup of good milk may be given, with a slice of bread and butter. No other meal need be given, as the child, when healthy, ought to sleep all night, and it is bad to accustom it to wake in the night and cry for food; yet, if it should do so, a little milk and water may be given. Farinaceous food should not be given at an early age to any extent, as the stomach is overloaded by that means, and fails to digest it properly.

2. From two to three years old.—Breakfast at 7.30 a.m. A large supply of milk, with a slice of bread and butter, and now and then the lightly boiled yolk of an egg. At 11 a.m., a cup of milk may be given. For dinner, a large cup of beef tea or broth, or a little finely cut-up roast mutton, or three or four tablespoonfuls of gravy, in which breadcrumbs or a mashed potato may be mixed. A small quantity of rice pudding, with plenty of milk, or a piece of custard pudding. At 6 p.m., some milk may be given, or a little tea, with plenty of milk in it, together with some bread and butter or some toast and butter. Now and then a little stewed fruit may be given, or occasionally a little jam.

3. From three to ten years of age.—The amount of food given will vary with the age and appetite of the child. Breakfast at 7.30 a.m. A basin of bread and milk, with some thick slices of bread and butter. Occasionally a lightly boiled egg may be given. At 11 o'clock a.m., a small slice of bread and butter may be given, if required, with a little water or milk and water. Dinner at 1.30 p.m. Some lightly boiled mutton, or a slice of roast beef or mutton, with plenty of gravy; bread should be eaten with it, or a mashed potato. A light pudding may be given, as rice, custard, ground rice, etc. At times a fruit pudding, well cooked, may be tried, or well-stewed fruit is beneficial. Considerable variety may be adopted at this age, provided that too much is not given, and that it is digested well. Broth or soup may be substituted once or twice a week for the meat. Boiled salt beef, pork, and veal, are not so easily digested as fresh beef and

mutton. Cheese is not advisable. Prunes, figs, almonds, and raisins, and suchlike fruits may be given now and then with advantage; but any excess should be carefully avoided. Biscuits, nuts, preserved foreign fruits, walnuts, and dates are less digestible. A roasted apple, well sugared, or stewed pears, are very nice and suitable for children, and occasionally some jam, as strawberry, raspberry, or currant preserve, may be given with bread at tea-time. At 6 p.m., milk and water, or tea with plenty of milk, may be given, also bread and butter. Plain seed cake or a slice of an ordinary home-made plum cake may occasionally be substituted, or a sponge cake. No stimulants need be given at all at this age. There is seldom any occasion for supper; if required, a thin slice of bread and butter may be given.

4. From ten to fifteen years old.—The same diet as No. 3, only now more may be given in proportion to the age; boys, too, often require more than girls, as they undergo more active exercise. A good meat meal should be given at mid-day, but it is not required oftener. For breakfast, cocoa and milk is very nutritious, or a basin of oatmeal porridge with fresh milk may be substituted for the bread and milk. These diets presuppose that the child is in good health, and that active exercise is taken; but if disease be present, some modification may be required; and for this medical advice should be sought. In the treatment of children's diseases, more than half the success is due to the careful arrangement of the diet.

DIET OF ADULTS.

It is difficult to lay down any strict rule as to the amount of food to be taken in twenty-four hours by grown-up people. Men require more animal food than women, and those engaged in active exercise require much more than those who live a sedentary life. Navvies and labourers can get through much more work in a day when well fed than when living on a moderate diet. The different kinds of food should be well apportioned; it is equally bad to live on a purely farinaceous diet as it would be to take only fat or meat. What is required for a state of health is to take a fair proportion of each. It is important, also, that meals should be taken with regularity, as it is a very bad plan to allow intervals of varying lengths between meals.

It has been estimated that the food required every twenty-four hours by a man in full health, and taking free exercise, is of meat, 16 oz.; bread, 19 oz.; fat, $3\frac{1}{2}$ oz.; and of water, 52 fluid oz.; that is, about $2\frac{1}{4}$ lbs. of solid food, and about 3 pints of fluid.

The fluid here includes any liquid taken; a man can drink from three-quarters of a pint to a pint of tea, coffee, or cocoa at breakfast, and a woman takes about one-third less; if he has dinner at mid-day, a pint or a pint and a half of beer is drunk; at tea-time, half a pint of tea is swallowed; while at supper-time a

glass of beer is generally taken. In addition, there is the liquid portion of the solid food, which must count for something.

"It seems probable," says a medical authority, "that a pint and a half or two pints of beer are quite enough for a man during the twenty-four hours, and about one pint for a woman in the same interval; for those who do not take beer, a glass of sherry or claret at luncheon, and two or three glasses at dinner, will furnish a full equivalent; wines, of course, vary very much in the amount of alcohol they contain, some containing only five per cent., others as much as twenty-five per cent. Good table-beer is light, and contains from two to three per cent.; strong beer or stout may range up to seven or even eight per cent. of alcohol.

The amount of solid food has been stated to be about two pounds and a half, but this is often exceeded. The French take much less animal food than we do in England; sixteen ounces of meat a day is a large proportion, and can only be afforded by the wealthier classes, who take animal food at breakfast, lunch, and dinner; the poorer classes manage to subsist on a very small proportion of meat; frequently they only have this kind of food once a week; and as they live chiefly on bread, broth, tea, and now and then bacon, their physical stamina is not very high. For any one who is at all engaged in hard work, whether mental or physical, three ounces or four ounces of meat a day seems to be essential.

Of the different kinds of meat, mutton and roast beef are the most digestible; salt beef, bacon, pork, and veal would rank next in order; some sorts of fish are digestible, as soles and eels; but there is not so much nutriment in them as in a corresponding quantity of meat. Bread is taken at most meals, and it forms an important article of diet; not only is it cheap, but it contains four out of the five kinds of food. Life can be sustained for a long time on bread and water.

Pastry is heavy, greasy, and indigestible. Fruits or preserves made into puddings or tarts are very excellent articles of diet, and so are light puddings made of rice, arrowroot, tapioca, etc. Salt seems necessary in early life, but the desire for it is in most cases lessened as we grow older.

Both the saccharine and fatty foods should be avoided by those who are too corpulent, as they both help to build up fatty tissues. The system of Banting rested on this principle, and there is no manner of doubt that fat people can become greatly reduced in weight and keep themselves down by attending to this rule. The change should not be made too suddenly, but no danger need be feared on that score. The following substances should be avoided by a fat man, or at least taken only in moderation:—fat of meat, bacon, pork, etc., white bread, potatoes, starchy food, as tapioca, rice, arrowroot, sugar, beer, and heavy wines or spirits.

THE COOKERY LESSON BOOK.

CHAPTER I.

HOUSEHOLD EXPENDITURE.

This is the first thing to be considered by the couple just entering upon married life. And those who have hitherto gone on their curious and improvident way *without* giving this great home-keeping a thought, would do well to mend their thoughtlessness forthwith. A grave and patient consultation must be taken together by the artisan and his wife when first they launch their bark on their own account on the domestic sea. They know their entire income for the coming year, very often almost to a farthing; and if they do not, they can give good guesses "as to their "slack" and "money making" weeks: this must be considered, and allowed for in their consultation. They may give themselves a fair average of the shape of all-the-year-round work for them to work upon. Their money must be divided, and subdivided, and *made to cover* their expenses—*made to cover them*. The latter point is not to be strictly observed, the pair may as well save themselves any trouble at all in the matter; for their book will tell one tale, and they another; and there will be, literally, no result to show, that they would care to exhibit. A simple book with money columns, costing twopence or threepence, will do excellently for the "housekeeping book." But it will be a mere farce if the book is not a faithful record of money spent and money received. Without this simple system of booking *every article bought* and *every farthing spent*, housekeeping, so far as comfort goes, will be a failure. Indeed it will not deserve the name of housekeeping; it is really an indiscriminate giving out of money from the family purse. The results—perfectly natural ones—are the husband and father harassed to death because of the "bills," the wife and mother literally worried out of her happiness, and the children shabby and, very likely, ill-fed.

"Where has the money gone to?" is a question asked of herself, often enough, by not only the artisan's wife, but by the housewife in a higher station of life, when on Saturday evening she finds, after paying all odds and ends up, barely sufficient left over to allow for the Sunday dinner, etc. She has no idea—this poor creature—she would hardly believe it, were she told so, that her money has been *wasted* in a terrible manner *by herself*!

She has purchased her household necessaries in *littles*—in mere pennyworths; instead of making out her list of the week's necessities, and having the goods all in together. She has paid an enormous premium to the "sell-everything shop."

How common a thing is it to see the artisan's child trotting off to the general shop, just at dinner time, for a loaf of new bread, and an ounce or so of butter. This is for the *children's* dinner; and, let me tell you, there is not a more wasteful, expensive article under the head of food than "new bread." Enough bread should be purchased on one day to provide for three being sufficient for the day after. This will not render it *stale*, but merely cause it to be, as it should be, and was meant to be, an eatable, economical food. Bakers are bound by an Act of Parliament to weigh their bread at the request of the customer whose bread is bought of them, but how seldom this is enforced *by* the customer, and how miserably small the loaves—reputably two-pound or four-pound loaves—often appear! Bread should be invariably weighed by the vendor over the shop counter, and it is the rule, and not the exception, for the buyer to receive besides his "loaf" a really huge slice as overweight. *Moral*, send your servant, if you keep one, for your daily bread; if not, go yourself, or send one of your children, if this is practicable. If the consumption of bread be large in your family, this plan will save you at least two or three loaves per week. The artisan and the person who has a small fixed income *can* only save in *littles*, and it is upon this very rock "*littles*" that they too often founder.

There should be a "fish

dinner" once or twice a week at least in the artisan's family *menu*. It is nutritious, usually a favourite dish when nicely cooked, and nearly always cheap, if looked for in the right place. Herrings, for instance, can be cooked in very many forms, contain much nourishment, and are hardly ever dear. Fresh herrings are delicious when cooked as mackerel.

Much has been said lately in the various newspapers respecting the cheapness of pickled and other porks, bacon, etc. But pork is *not* a desirable article of food as a *frequent* viand, nor is it a healthful one. There are pigs and pigs; and the generality of this race, it will be conceded, are not fed on the cream of the land.

Before quitting the question of buying meat, I would strongly impress upon the heads of families who can do so to go to market for their meat, etc., at a place where there is much supply and much demand for these articles of home consumption. Those who have a large family will find it strict economy to go by rail to these markets, the distance of course being a reasonable one, and buy in provisions for the week. This can easily be done by a judicious choosing of fresh *and* salt meat, or fresh meat that can be salted, if required, at home—the weather being in all cases "allowed for."

There is another item in housekeeping, in which the money of the man with a small income melts literally like snow before his eyes. This is the *coal* item. He buys his coal by the single hundredweight, and often by the two or three pennyworth! Late, a case came under notice where a small tradesman, *who could not afford* to have his coal in by the ton or the half-ton, had it in by

the hundredweight, burning from two to three a week. The market value just then of a fair household coal was 22s. per ton. Our short-sighted friend was paying 1s. 6d. per hundredweight (now and then 1s. 7d. even)--30s. per ton, for inferior coal into the bargain, leaving out of the question the matter of just weight! Poor people are, as a rule, unmercifully fleeced by the sell-everything dealer, who does the "roaring part" of his business in "haporths." But it is their own fault. The artisan who gets his coal in in dribblets would do well to at once set about reforming this not only wasteful but ridiculous mode of marketing. Let him put by each week a few pence, if more cannot be spared, towards getting in, say, half a ton of coals and a supply of eoke; and when he has achieved his aim, let there be no more such extravagant expenditure in his household.

Again, it is not only no economy to buy bad coal because it is cheap, but it is the most expensive method of finding one's fuel. A little while since, in a London suburb, handbills were being distributed, addressed to the "working man," and offering coals at 20s. per ton, "a bargain, a blessing, and a boon!" Best coals then were high, 27s. to 28s. Out of curiosity we sent for a hundredweight to try. We burnt this out in two days in the kitchener, and we duly saved all those articles that were *not* coal in one "hundred." and put them by carefully for after investigation. A more heterogeneous assemblage of odds and ends could scarcely be imagined, slates and chalk being the predominating features. We say little concerning the periodical absences we felt bound along with others to make at a very quick

pace from our kitchen when these missiles from time to time assailed us. We were under fire for the time being.

We do not lose sight of the fact that the *poor* artisan—the man, say, on 20s. per week, with a wife and two children (hundreds there are)—cannot buy large parcels of goods, but there is no occasion for the "haporth system" even here. We are reckoning, of course, upon a hard-working, frugal couple. To those who incline towards the reverse way, hints such as these fall on barren soil.

A man with 20s. per week, and so-called eneuibranees, as just now mentioned, cannot spend more than about 17s. 6d. on his *entire* household affairs; 2s. 6d. is little enough to put by for emergencies and clothing. He would of course live in apartments, generally two, and for these he will pay, according to their kind, from 2s. 6d. to 5s. weekly. The average rental for a man with 20s. would be about 3s. 6d. per week. He has no rates nor taxes. Thus—

HOUSEHOLD EXPENDITURE.

(On £1 per week.)

	s.	d.
Rent	3	6
Firing (wood, 2d; coals, $\frac{1}{2}$ cwt., 7d.; eoke, bushel, 6d.)	1	3
Light, $1\frac{1}{2}$ pints benzoline at 3d.		4 $\frac{1}{2}$
Bread, 4 lb. loaf per diem, at 6d.	3	6
Cheese, 2 lbs. (Dutch), at 5d.		10
Tea, 2 ozs., at 2s. 6d. . . .		3 $\frac{1}{2}$
Sugar, 2 lbs., at 2 $\frac{1}{2}$ d. . . .		5
Milk, 1d. per diem		7
Butter, $\frac{1}{2}$ lb. at 14d. (less in market)		7

	s.	d.
Golden syrup, 1 lb. at 2d.		2
Flour		6
Vegetables		6
Meat (8d. per day, <i>not</i> to be spent in eightpences, but on one or two good pieces of meat at the market, if possible) . .	4	8
Rice, 1 lb., 2½d.		2½
	17	4½

This quotation, it will be observed, leaves nothing for *beer*. There is not a clear way to get at this expensive item in a weekly expenditure of 17s. 6d. per week, unless something else more important in the category be left out. It is but hand-to-mouth living, of course, but the man with 20s. per week in a measure must live to a certain extent thus, *but also he need not run into debt!* An artisan's wife, seven times out of ten we will say, is able to bring in a few shillings of her own earning. This—it should be made a strong point of—ought to have nothing to do with the husband's income, if the pair can *manage* on that income. Put it by, this little nest-egg, using from it when unforeseen circumstances make it necessary. No one can understand the joy and comfort of feeling that there *are* a few shillings or pounds in reserve in case of need, but those who have had the forethought to save them, and the misfortune to bitterly need them.

Should a pound or so happily have been saved by our poor artisan he cannot do better with the money than make it a foundation-stone to the housekeeping. In this way: let him buy a few necessaries in rather (for him) large lots, and whilst he is going

on with these, he puts by in little enough to stock again in a like manner when the first batch is exhausted. He is then in *advance* of his income, instead of being just behind it. The difference of these two positions is immense.

Having given an estimate for the artisan's expenditure who has £52 per annum, it will be easy to alter the figures where the income is higher, always bearing in mind that there *must* show a proportionate weekly balance in each and every case.

The artisan who counts upon £2 per week, will, if a London suburb be handy to his work, get a small house it is likely, even if he lets lodgings. If he care for comfort he will eschew lodgers. Lodgers are curious creatures often, at least such lodgers as the artisan too often gets. Better have a four-roomed cot of your own than an eight-roomed one and crammed with strangers. Besides, do lodgers pay? or rather, does it pay to keep lodgers? It is, we think, akin to house-letting. If a house stands empty six months out of the year it makes the rent of it lost by exactly a half, and unless lodgers are constant all-the-year-round ones, there has been, it may be taken for granted, much worry, trouble, often quarrelling, and a mere few shillings remain to show as a further result of the policy. Go into lodgings rather than let them, unless you can pay a good bit of attention to this branch of your duties; for you will at least have no rates or taxes to pay.

HOUSEHOLD EXPENDITURE.

(On £2 per week.)

We will suppose there are six in family, The artisan must make

30s. cover his *entire* expenditure (clothes excepted).

Thus :—	£	s.	d.
Rent (lodgings) . . .	0	7	6
Fuel	0	2	0
Light	0	0	6
Bread, three 2lb. loaves per diem	0	5	3
Cheese, 2 lbs., 5d. . .	0	0	10
(This item need not be altered, the children not being allowed it).			
Tea, 2 oz. at 2s. 6d. . .	0	0	3½
Sugar, 3 lbs. (allowing to sweeten the rice puddings, etc.), 2½d. .	0	0	7½
Butter, ½ lb. 14d. (in market 10d. to 1s.) . .	0	0	7
Milk	0	0	10½
Golden syrup, 2 lbs., 2d.	0	0	4
Soap 4d., soda 1d. . .	0	0	5
Flour	0	1	0
Rice, 2 lbs. at 2½d. . .	0	0	5
Vegetables	0	0	8
Meat, 10d. per day (bought in substan- tial pieces)	0	5	10
Tobacco, 1 oz.	0	0	4
	£1	7	5¾

The man with £1 per

week cannot put by as a reserve fund so much in proportion as his brother with £2 per week, more children, and more rent to pay. The former requires *almost* the same amount of provisions as the latter; fuel and fire are very little less. It would be bad policy on the part of the artisan with 20s. to go without substantial food. And meat, good meat well cooked, is, after all, no matter what may be said about it, a thing the hard-working man *cannot do without*. We allow our 20s. friend 8d. per day for meat, our £2 artisan 10d., and these are fair sums. But the meat must be bought *cheaply*, and with *judgment*.

Ten pennyworth or eight pennyworth of meat both our men would think sorry fare for their dinner were it *bought* in such quantities. In the list of foods given there is room for variation, and not a little. The rice may be supplanted by sago, etc.; sometimes the butter may give place to fruits, the syrup may be dropped in favour of currants to make a wholesome cake with, the meat furnishing the dripping, and also in a great measure what suet is wanted.

CHAPTER II.

KITCHEN REQUISITES.

The artisan's kitchen should contain in the way of cooking utensils—

Indispensables marked*.

Large iron pot.*

Saucepans of different sizes, the first being provided with a steamer, and large enough to cook a good family dish of cabbage, etc., and the last for egg

or sauce boiling, or any other little matter.*

1 Large cake tin.*

1 Square or round tin to hold baked meats.*

1 Meat saw.*

1 Set weights and scales.*

1 Set of earthen baking dishes.*

1 Iron spoon.*

1 Wooden spoon.*

1 Old knife for seraping sauce-pans.*

1 Meat chopper.

1 Egg boiler.*

1 Knife box.*

Wire vegetable spoon or strainer.

1 Nutmeg grater.*

1 Tea kettle.*

1 Small gravy or sauce strainer.

1 Rolling pin.*

1 Paste or suet board.*

N.B.—Seldom is a set of weights and scales found in the artisan's kitchen; *it should be there nevertheless.*

WEIGHTS AND MEASURES.

One of the most essential of your kitchen requisites will be a set of weights and scales. *Always* weigh your goods directly they come in from the tradesman. Short weight is a ruinous item, and not only that, it is a most vexing one, for we may try perhaps our utmost to keep within the bounds we have marked out for ourselves in household expenditure, and yet there is a hidden something that will not let us—*short weight*.

Once get the reputation of being housekeeper enough to weigh your purchases, your short weight, and consequently your secret losses, will vanish like magic. Besides, in cooking, it is indispensable in many matters that you weigh your ingredients; "guess work" has ruined many a dish.

AVOIRDUPOIS WEIGHT.

(*This weight is for all articles, with the exception of gold and silver.*)

16 drachms, or drams (dr.) make one ounce (1 oz.)

16 ounces make one pound (1 lb.)

28 pounds make one quarter (1 qr.)

4 quarters make one hundred-weight (1 cwt.)

20 hundredweights make 1 ton.

14 pounds make one stone

8 stones make 1 cwt.

112 pounds make 1 cwt.

DRY MEASURE.

Two gallons (gal.) make one peck (pk.)

Four pecks make one bushel (bush.)

Eight bushels make one quarter (1 qr.)

LIQUID MEASURE.

Four gills make one pint (1 pt.)

Two pints make one quart (1 qt.)

Four quarts make one gallon (1 gal.)

Two teaspoonfuls make one dessert-spoonful

Two dessert-spoonfuls make one tablespoonful

One tablespoonful, heaped up, one ounce (solids)

Nine and a quarter tablespoonfuls make half-a-pint (liquid)

TO CLEAN SAUCEPANS, ETC.

Keep a small jar of sand upon your sink to clean the interiors of your saucepans with. Merely dip a rag into water, then into the sand, and scrub them thoroughly, after having removed the grease with boiling water and soda.

Keep a small 2d. hard brush on your sink to scrub it well with. A dirty, greasy sink is an abomination.

Clean the inner parts of baths, or discoloured earthenware, or enamel, with a few drops of spirits of salt. (Put this out of reach, as it is a *poison*.)

Clean steel with a little common paraffin, rubbing it on with a soft rag; or with very fine emery powder, or rotten stone

and sweet oil. Polish with a dry cloth.

Clean iron fenders and stoves with black-lead well put on and well taken off.

Clean silver, or electro-plate, with whiting and water, and a chamouis leather.

Clean brass with a mixture of *very fine* rotten stone and sweet oil. Polish with clean dry rags.

Clean paint with warm water and Hudson's extract of soap. Soda removes the paint as well as the dirt.

Wash glasses in *cold* water, and always use a *clean dry* cloth.

Wash oilcloth with soap and water, scrubbing only when *very* dirty.

Scrub deal tables and floors; never wash them merely; if *very* dirty use *sand*.

Clean your hearth, where grease has dropped upon it, by putting a few *hot* coals or cinders upon the parts. Repeat this till they disappear.

Clean your boards that are greasy by putting a mixture of Fuller's earth and water upon the spots, leaving them thus several hours, and afterwards thoroughly scrubbing them with soda-water.

Clean your boards stained with ink by putting a paste of damp chloride of lime upon the stains.

To clean copper, scour with soap and sand; then make a weak solution of vinegar and water, and rub the outside, *not the inside*.

Clean tammy sieves with soap and water, rinse thoroughly, and let them dry of their own accord.

CHAPTER III.

THE FOOD WE EAT.

The food we eat, and the food we would like to eat, are by no means synonymous terms with a great many people. The foods we eat are legion.

A poor man, that is to say, a man who cannot afford to spend much upon housekeeping, if he would also pay his way, naturally envies his richer brother who "fares sumptuously every day." Reading of a grand dinner given by a well-to-do person, he may observe perhaps, "Ah, such is not for persons in my station of life,"

and he forthwith goes to his own most likely ill-chosen dinner a trifle more dissatisfied than before. Certainly he cannot fare on turtle and "exceedingly fine meats," but it is astonishing how very much, in the matter of almost luxurious living, the working man may have, and can have, if he will but take the trouble to obtain it; take the trouble to find out *where* to obtain it.

A "gentleman" will pay 2s. 6d. or 3s. 6d. for his luncheon or dinner of soles or birds and

accompaniments, having it at a public dining-room, where he helps to contribute to the wage and maintenance of the waiters and other officials belonging to the establishment. A "poor man" may have *his* dish of soles, and, if he will, *his* birds, at times, for about one quarter the prices just quoted, and have it at home.

It is a notorious fact that luxuries in the way of edibles are well-nigh unpurchasable at times from their expensiveness at a "fashionable" tradesman's, when a few streets off the same kinds of articles are being sold at almost any price the buyer will offer! In almost every large town there are meat and vegetable markets, yet the poor man likes to buy his "bit of steak" of the local butcher, and pay perhaps 11½d. to 1s. 2d. per pound for it, rather than go to the above-named places, and pay 8d. or 9d. And then he grumbles, and says that not only can he not make both ends meet,

but that these twain will not even approach each other!

Again, there is **American meat**. Rarely is *this* wholesome viand found upon the artisan's table. The truth is, as he will himself tell you nine times out of ten, "he can't abide it," nor will his wife, sensible enough perhaps in many other respects, be induced to give it even one trial. The man who works must eat, and not only eat, but eat well, and of nourishing things, if he is to go "strong to labour." And, generally speaking, there is meat cooked for the head of the house, whether the rest of the family share it or not. The artisan cannot do without his meat, and his wife knows he cannot. Nor is there any reason that he should be denied it, but it is an emphatic fact, that this "bit of meat for *father's* dinner" costs more, frequently, than the price of an *entire* family's dinner should do, were that meal *thoughtfully* planned and considered beforehand.

CHAPTER IV.

CHOOSING THE FOOD WE EAT.

The first thing to be considered is that we supply ourselves with foods known to be nutritious and digestible. Putting our food into a nutshell, we may call it *Bread, milk, water, and sugar*. These are our natural foods; and *milk* is such an important one, that in itself it is almost sufficient to sustain nature; indeed, babies are sustained upon it; and not only that, milk alone is forbidden to *young* babies, as being too strong for them to

digest. Milk, then, should form a very prominent article in our dietary. Skim milk helps to renovate the system. *Bread* comes next. It is the staff of life. Children should be taught to *value* bread, to eat it liberally with their other food. *Bread and milk* together are, I should imagine, the most useful, *simple* diet that can be. *Sugar* is a warmth-giving food.

Amongst foods to form

flesh are the white, or albumen, of eggs, fish, meat without fat, cheese, poultry, and milk that has had the cream or fatty part removed—i.e., skim milk; pease and beans, flour, oatmeal, barley, lentils and maize, also rye and macaroni.

Amongst foods to produce warmth in the system are yolk of egg (or yellow), cream, butter, and oily substances generally, potatoes, rice, arrowroot, tapioca, corn-flour, beetroot, and vegetables almost without exception, fruit, and honey.

It is almost an invariable practice with everybody now to flavour many of their foods with flavouring, and these are not to be classed under the head of "whims and fancies." They have their special uses, most of them. They aid in rendering viands, that would be insipid without them, pleasant to the taste, and they take their share in the functional duties of the stomach, by assisting to repress certain juices which, co-operating with the more solid foods, have to pass into the blood.

Food is cooked in various ways. The popular methods are by roasting, boiling, stewing, broiling, frying, and baking. The artisan generally *bakes* his Sunday joint, but he loses a good deal of its nutritive qualities by so doing. Frying is *not* an economical method of cooking; boiling *is*. Stewing and hashing are ways and means whereby we may literally waste nothing.

FRUITS AS FOOD.

A celebrated physician has said that if each of his patients would but make a practice of

eating a sound ripe orange before breakfast every day, his practice would soon be nil. Be this assertion right or wrong, certain it is that sound ripe fruits are "good" for us to eat. The working man passes by too often fruit as a food; we may say, as a rule, that he ignores its usefulness altogether from that point of view. He likes munching apples, etc.; and in the season his pockets hold many a pennyworth of fruit. He gives too indiscriminate "pennies" to his children that they may regale themselves also. Let their meals be occasionally of fruit and bread—a pleasant, healthful, and cheap change; one thing to be taken care of is that the fruit shall be *ripe and sound*. At night—Saturday nights chiefly—in the London streets and busy suburbs, tons upon tons of rotten—i.e., semi-poisonous—fruit are sold to the masses attracted by "on'y tuppence a pound" when it has been a good fruit year. Much of this decayed stuff is eaten; young people and children of the lower class are not over particular about this. They *buy* fruit, and why should not they eat it?

It is not economical for the artisan's wife to make jam unless her garden will give her the fruit.

Jam is cheap and wholesome often if it be purchased with the label of a reputable firm upon it, and the label is genuine.

What can be nicer for the children's dinner once or twice a week when fresh fruit is not yet come than a plain boiled pudding of rice (cost 1d.) and a dish of stewed prunes (cost 4d.— $\frac{1}{2}$ d. less if bought in large quantities)?

Dates are a neglected article

of fruit food. They are cheap and nutritious; two of the very things the artisan above all men wants to discover. In Egypt and parts of Arabia dates are a staple article of diet with the majority of the lower classes. They eat them as we should eat them, but never do, with bread. They can be *fried* in a little sweet dripping, and with an egg or so made into a dainty omelette. Can it be known enough that dates of the kind known as "Tafilat," and sold constantly, almost in the streets, at from 1½d. to 2d. per pound, contain in one pound as much nutriment as half a pound of meat? Children—or we fall into error—would be delighted to exchange their dinner of hot new bread (albeit they delight in this) and stale, curious butter, so called, for a dish of dates at 2d. and slices of stale, but not hard or dry, bread. Stewed pippins form another nice dish with bread, and are a favourite with most children. Although we

put the children a good deal forward here with regard to fruit-eating as a food, the artisan and his wife will find themselves rapidly getting over their old prejudices about a certain fixed, and not altogether (too frequently) a wholesome diet.

A judicious use of fresh good fruits, or dried sound ones, will save quite a respectable column in one's doctor's bill.

The "men of old," we are told in *THE BOOK*, ate almost unsparingly of their grapes and figs, etc.; and it was thought "splendid news" when in a certain country the invaders found they might sit under their own fig-trees. The "men of old," to all accounts, were brave, strong races; and although we do not advocate living on "fruit alone," yet a much larger quantity of it might be beneficially consumed by our artisan and his family than he now dreams of.

CHAPTER V.

FOODS IN SEASON.

JANUARY.

Beef, mutton, house-lamb, pork, veal. Pheasants, partridges, wood-cocks, snipes, hares, rabbits, pigeons, fowls, capons, turkeys, pullets. Lobsters, oysters, prawns, crabs, crayfish, plaice, turbot, smelts, sturgeon, skate, whittings, flounders, tench, carp, perch. Potatoes, cabbage, cabbage-sprouts, spinach, beetroot, celery, endive, turnips, broccoli, parsnips, shalots, lettuces, cucumbers, cresses, asparagus, salsify, mushrooms. Pears, nuts, walnuts, apples, medlars, grapes.

FEBRUARY.

Chickens, ducklings, and same meats and game, etc., as in January.

Fish the same. Vegetables have the addition of kidney beans. For fruit the same; add also forced strawberries.

The above also answers for the month of *March*.

APRIL.

Beef, mutton, lamb, veal. Rabbits, leverets, fowls, pullets, ducklings, chickens, pigeons. Vegetables the same as in *March*. Fruits ditto. Fish—eels, soles, tench, smelts, trout, carp, turbot, salmon, herrings, chub, mackerel, shrimps, crayfish, prawns, crabs, lobsters.

MAY.

Meats the same as in *April*. Poultry

ditto. Vegetables—young potatoes, peas, French-beans, radishes, carrots, turnips, cabbages, artichokes, cauliflower, and asparagus. The same fruits as in *April*, and the same fish.

JUNE.

The same meats as in *April* and *May* with the addition of *venison*. Poultry the same. Fruits—cherries, strawberries, green apricots, currants, melons, and small gooseberries (for tarts). Fish exactly the same as in the previous month.

JULY.

Meats the same as in June. Poultry ditto. Fish—haddocks, skate, eel, flounders, mullet, pike, thornback, carp, eels and shell-fish, with the exception of *oysters*. Vegetables as in June. Fruits ditto, with the addition of pineapples, plums, raspberries, damsons, nectarines, peaches, and grapes.

AUGUST.

The same meats, poultry, vegetables, and fish. Mackerel, however, is not to be relied on in August.

SEPTEMBER.

Meats the same as in the two previous months with the addition of *pork*. Poultry ditto, adding partridges, wheatears, and geese. Veget-

ables and fruits the same, adding filberts, mulberries, and figs.

OCTOBER.

Meats the same, *venison* being particularly good just now. Fowls as described in *April*, pheasants of course, partridges, hares, larks, grouse, teal, widgeon, snipe, and at the end of the month wild ducks. Fish—smelts, pike, brill, dories, carp, salmon, gudgeon, tench, barbel, trout, shell-fish generally. Pears, peaches, figs, bullaces, apples, grapes, damsons, medlars, nuts, quinces, walnuts.

NOVEMBER.

Beef, mutton, pork, doe venison, house-lamb, veal. Exactly the same as in *October* for poultry, etc., fish, fruit, and vegetables.

DECEMBER.

Meats as in November. Turkeys, geese, pullets, capons, pigeons, fowls, hares, rabbits, woodcocks, snipes, larks, sea-fowls, pheasants, wild-ducks, Guinea-fowls, teal, grouse, widgeon. Vegetables as in the previous month. Gurnet, turbot, soles, carp, sturgeon, eels, gudgeon, codlings, dories; also all kinds of shell-fish. Figs, apples, pears, walnuts, nuts, filberts.

CHAPTER VI.

MARKETING.

BUTCHER'S MEAT.

To some housewives "going to market" is a real trial. But having once summed up sufficient courage to go and talk to the butcher, and thereby let him know that we come with knowledge of his meats at our fingers' ends, and are competent to judge of what is good and what is bad amongst it, the nervousness will wear off very soon. To go however to market to purchase to-morrow's dinner without any knowledge of the catables we shall perforce bring home,

whether they happen to be what is required or not, and know we have been entirely in this tradesman's power through our own ignorance, is a trial.

A beast killed for eating is of course cut up into many pieces, and these—the chief of them at least—are called *joints*. The meat called beef has the following, viz., *sirloin* (usually considered a very nice "cut"); it is taken from the lower middle part of the ox. The *itch-bone* comes next, not so straight a piece; and

thirdly the **rump**; the fourth is the "round of beef." There is a piece called the **brisket**, cut from the under part of the bullock; and a piece near the shoulder, or rather it is a shoulder, is called the "**leg of mutton**" joint. There are various other portions of course besides these, but they do not come under the head of joints—such as the *shin* (excellent for soup making), the cheeks, head, "sticking," thin and thick flank, etc.—**Ribs**. There are three distinct pieces of "ribs." The largest, having *five* ribs, is called the **fore-rib**; the next in size has four ribs, and is called the middle rib, and the chuck rib, so-called, has three ribs.

In mutton meat there are the **leg**, **shoulder**, **breast**, and **chump** end of **loin**, and **best** and **scrag** ends of **neck**. Then there is an under part, generally cheap, and much sought after by poor people, called the **breast**. A **saddle of mutton** is the entire loins—that is, not separated, and a **chine** is the neck part on *each* side of the head, also not divided.

Young mutton, usually called **lamb**, has **leg**, **loin**, and **shoulder** (these are very favourite little joints). There is a piece called the **fore-quarter**, comprising the shoulder, the **breast**, and the **ribs**.

In **veal** there are joints designated thus—the **loin** (which has a **best** and a **chump** end), the **fillet**, the **neck** (**best** and **scrag** ends), **breast** (**best** and **inferior** end), and the **head**. Calf's head will make a very nice, economical dish.

For **Pork** the pieces are named **spare-rib**, **hand**, **belly**, **leg**, **hind**, and **fore loins**.

Venison meat may be described thus:—**haunch**, **shoulder**, **breast**, and **neck**.

Housekeepers' perplexities.—Mistresses of households should choose their meat themselves, and read themselves up a little, should they be really distressfully ignorant of what should be roasted, and what should be boiled. The butcher knows his customer in a moment—knows perfectly well whether *she* knows. Her timid "What do you call *this*?"

amuses him, and if a not very conscientious man he sees his way clear to charging a shilling per pound for that which probably should be no more than tenpence. Now these same overcharges of pennies and twopences are very often the cause of the housekeeper's purse running so short towards the end of the week. Not only this: she being quite unable to choose from her own judgment and experience the meat calculated to "go farthest," she is much more constantly in the butcher's shop than she ought to be.

The joints in the butcher's possession must appear to our housewife, who has yet to learn her A, B, C, in domestic economy, literally *all alike*. They puzzle her, and she cannot help feeling a dim sort of admiration for the mind that can retain and familiarly quote from the strange vocabulary of his "joints." In our ignorance they are all *meat*, and nothing more.

And again, which is beef, and which is mutton? How is she to tell?

This may seem ridiculous to those who have no occasion to look into these pages, but many a young wife could tell a tale of woe, and add her testimony to mine that the above remarks are true indeed.

Roast beef.—We will begin in our description of meats with the "Roast Beef of Old England." The best beef (and it is in almost every case the wisest plan to purchase best meat) is ox beef, and it, although fine-grained, is still what may be also termed *broad-grained*, that is, open and juicy. It is of a deeply-red colour, the fat being not white exactly, and not yellow, but of the hue of good rich new milk rather. Beef suet is nicer than any other for pudding purposes; it should be white and hard,—hard not signifying *tough*. Put your finger on the lean of beef, and it should "give" to the touch, and be firm without hardness. A few visits to the butcher, and a few small experi-

ences in the way of *touching* meat, and "eyeing" it, will soon take a little of the *puzzling* from the perplexed brain of the uninitiated.

The best joints to purchase in beef are the rib or sirloin (roasting pieces). The former, if for a family dinner, must comprise three or four ribs, and if for a small dish only even one will be enough. The bone of this however should be removed for you by the butcher and the meat *rolled*. It then makes quite a pretty little joint. The latter is best taken from the thick or chump end. The rump is a large joint, much purchased by keepers of refreshment rooms, as there is a splendid "cut" to be got from it. It should be recollected that a good-sized joint is more economical in the long run, even in small families, than a tiny one—as one meal off the latter often precludes the possibility of it being served up a second time as a joint, and this entails "more" being purchased to make enough for a stew or hash.

Veal.—This is a totally opposite-looking meat, notwithstanding its *kinship* to beef. It is white (the whiter the better), juicy, but not clammy, and has a smooth, neat surface. From seven to eight or nine weeks is the usual term of life for a calf destined to become veal. It is often killed, however, when several weeks older, but it is not so valuable then. There should be plenty of good, firm, white fat in veal.

A difference exists in the appearance of the flesh of calves of opposite sexes, the male being, I believe, considered the one to be preferred; but if they are *young*, and have been fed well,—i.e., in a proper manner,—few but *connoisseurs* in eating, no doubt, could be able to pass an accurate opinion respecting this. There is little trouble in discriminating between fresh-killed veal, or veal that is older than it should be for eating with enjoyment. It will not keep

its colour,—its particularly inviting white hue,—and the part to examine to discover this is just beneath the kidneys and about the breast. The kidney should be encased with fat. Stale veal has a disagreeably moist, warmish, wet feel; and if really not quite eatable—although passable—it will emit a queer, sickening odour. Bad veal is most unpleasant to the touch as well as the smell.

The roasting portions are the fillet, shoulder, and loin, also the best end of the neck.

The calf is an important giver in meat. Its head is a splendid dish properly managed; its feet, the veriest child I think knows, make excellent jelly; it is invaluable in the stock-pot, being so rich and delicate, and both the breast and knuckle will form capital little affairs on one's dinner-table, as the former will *roast*, and the latter, boiled and served with parsley and butter, is accounted a delicacy by many.

Mutton.—An old sheep, it is said, gives the best mutton,—that is, a sheep of five years old, we will say. The meat should be of a dark red colour, and of closer grain than beef. Juicy it should appear, having a refreshing moist look, but not a clammy one. The fat should be white—whiter than beef fat, and, touching the lean with your finger, it should feel *elastic*.

All the parts of a sheep known as joints may be *roasted*; the neck and the leg, are, however, frequently *boiled*. The haunch is a very favourite joint, and so is the saddle. From the loin chops are cut; cutlets also from the thick end, and from, sometimes, a part of the neck, or fleshy part of the leg (middle). **Scrag of mutton** is capital for making broth.

Lamb.—This is not so red a meat as mutton ; indeed it has a fainter and bluish look. Lamb must *not* be stale when cooked ; if so, it will be insipid, the rich, delicate flavour being entirely lost. Lamb should be fat, and it is usually roasted, although the leg is often boiled when in season, and this is just about the beginning of December. The fat of lamb should be white, and in the forequarter, or neck part, the veins will show up blue and prominent in the lean, and this is an excellent guide as to whether it will be, when cooked, as it ought to be, rich and good.

Pork.—This, when good,—and pork when it is even a *little* bad, is positively exceedingly hurtful as a food,—may be described as being a *brittle* kind of meat ; that is, it will break almost if pinched between the thumb and finger. The fat should be white, smooth, and hard ; the rind should be rather thin, and it should have a *clean*, nice look about it. Pork will smell very offensively when at all stale, and be greenish and clammy wherever there are creases.

Buy *good* pork or mutton at all, and buy of farmers if you can do so. Pork must not hang long before being cooked.

The **roasting** parts of the pig are the **leg** and **loin** and **spare rib** (a favourite piece). Although the leg can be, and is often, boiled, the remaining portions are usually salted, the leg forming a **ham**, and the sides **flitches** of bacon.

Ham.—The way to find out whether a ham is sweet is to pass a long-bladed knife right into the

flesh alongside the bone, and if it comes out looking clean and smelling well, it will do. **Bacon** may be tested in the same manner ; the lean should be red, and the fat firm and pinky white. When bacon looks yellowish it is not fit to eat, and is what is termed “*reasty*.” There is another term for bacon that is not quite as it should be—“*rusty*.”

Venison.—This meat can also be tried by means of a knife being passed along the bone—by the haunch or shoulder. The flesh will look darkish if it is not new and sweet.

For General Directions respecting the treatment, etc., of meat, the following hints may be followed :—

To remember, firstly, that the dearest joints—that is, the *best*—are not so extravagant to the house-keeper's purse as the inferior kinds. The best joints are never very small ones, and the meat upon them being more compact and solid, can be utilised much more than those with “much bone and little meat.” Beef and mutton get tender by hanging a little while, but this plan must not be followed with veal and lamb, as they are more difficult to keep. Always *wipe* your joints of meat with a clean dry cloth when they come from the butcher. Pepper is what meat is sprinkled with when it is wanted to be kept longer than usual ; and when meat becomes faint in smell, or tainted, charcoal will be effectual in removing it. The charcoal should be powdered finely, and lightly sprinkled over the articles requiring it, or the meat, etc., may be placed on the top of some. It is a splendid preservative of meat, whether the latter be cooked or uncooked ; and a lump of it should be always near at hand, especially in hot weather, to be placed in the safe or larder.

CHAPTER VII.

MARKETING (*continued*).CHOOSING EGGS, BUTTER, FISH,
POULTRY, GAME.

Eggs.—These are a most useful article of diet, nourishing and strengthening, when absolutely fresh, and when not quite fresh, still very good for puddings, sauces, and in a hundred and one various forms of cooking. But a bad egg is an "abomination." To tell whether an egg is fresh, put it into a basin of cold water. It will sink directly if newly laid, but a bad egg will turn upon its end, and remain on the surface of the water. When "indifferently" good,—fit, that is, for cake making, or for putting a polish upon piccrusts, etc.,—it will not turn on end, but lie lengthwise. There are many recipes for "telling" eggs, but the above is the safest. *Shaking* an egg is a popular way; the contents will rattle if it is not good.

To Preserve Eggs, the only really effectual plan is to keep the air from getting through the shell, and so they must be brushed over with, or laid in, something that will do this. Brushing them over with thin gum, glue, or cement would therefore answer the purpose. Oil is often used (dipping them in it). The eggs, after being operated upon, should be placed in bran.

Suet can be kept for many months quite good and sweet. It should be *melted* gradually, and *when* melted should be poured into a pan of cold water. It will soon become hard, and then must be laid on a cloth to drain dry, afterwards well wiped also; then put it in some white paper, and enclose all in a bag made of linen or holland, and keep in a cool, but not

a damp place. Of course, *before* it is melted, the suet must be perfectly freed of all veins and spots and skin there may be about it. When used it will be excellent either as fat for pie-crust use, or for puddings.

Butter.—In buying butter *taste* it and *smell* it. If streaky or spotted, or with a reddish, speckly look, it is not good, and when cut with a knife, should it appear *milky*, it is a very sure sign it will not keep good long, for it has not been washed properly, and it will *waste*,

Butter must be kept in a cool place, and *covered* over. In warm weather, ice not being obtainable, get (a capital substitute) some saltpetre, dissolve it in cold water, and put your pan of butter into it almost as far as the top. This will keep it fresh and moist.

Milk.—Everyone, we will presume, knows, by the taste, good milk from bad; they may not know, however, how to keep it good. Firstly, never *mix* milk; that is, do not put the evening's milk with what is left from that had in in the morning: the one will spoil the other. Never allow a milk-jug to be sent or taken to the milkman that is not scrupulously clean. The very least impurity adhering to the bottom or sides will be sufficient to taint it. In hot weather, if you take in much milk every morning, boil it at once, which will keep it good.

Fish.—One's nose is the very best tester for fish. Stale fish can be smelled long before you know

where it is even. In appearance fresh-caught fish have bright eyes, their fins are hard and stiff, the scales brilliant, the gills red. When they are stale, the eyes sink and look flat and dull, the fins become soft and flabby, and the gills dark.

Salmon, mackerel, and this sort of what may be termed *bright-looking* fish are chosen chiefly by their degrees of brilliancy. COD and TURBOT, and what may be named *transparent* fish, ought to be white, clear, and very firm to the touch; the latter should be of a creamy white colour on the under part, and the fish itself thick and fleshy. The flesh of salmon, it is almost needless, perhaps, to say, is of a bright red hue, the scales brilliant, and its head looks small in proportion to its body, or, at least, its *shoulders*, for the tail part is narrowish. The same may be said of the cod. FRESH HERRINGS, MACKEREL, WHITING, and such kind of fish ought to be cooked when quite fresh. Do not attempt to go to market for *these* the day before you want them. But you may keep cod, and also soles, longer than some others—that is,

not over twenty-four hours. EELS must also be *alive* just before cooking. CRABS and other shellfish are easily told as to their freshness by their *smell*; and by parting one or two of their joints you can discover whether they are meaty, or whether their weight and size are attributable to *water*, as not infrequently they will get a great deal of this into them.

LOBSTERS and CRABS *ought* to be heavy, but it is well to have them all meat, and not three parts water.

Poultry.—Choose poultry with full bright eyes, pliable but not flabby joints, and soft thin skin. Geese when young have *yellow* bills; you will know when they are fresh, for their feet will be soft; when stale they are hard. Young fowls have *smooth* legs. Turkeys have remarkably bright eyes when young and fresh, and their feet are also pliable; indeed, the feet are a good and sure sign of the freshness or staleness of most fowls and game. Ducks, if they are in anything like good condition for the spit, should be thick and firm on the belly.

CHAPTER VIII.

HOW TO DRESS MEATS.

On “roasting mornings” the first thing to be considered and kept in mind by the cook is the state of the kitchen fire. It is no good to say, “Oh, I will attend to that presently;” the fire must be got clear and bright *before* the actual time to hang the meat before it, or it will become warm and the skin dry and hard long before the inside portion

feels the heat at all. The same precaution must be taken if your meat is to be baked; the oven will not get in baking order—at least the usual run of oven will not—unless carefully attended to in the early part of the morning. Such a fire should be made up that it will last with a very little attention during the whole time the joint is cooking; as continually

stirring it will cause cinders to fall into the dripping oftener than they need do, and the dust will settle upon the meat. Not only this, it will be awkward to get at the fire after you have arranged all the paraphernalia of your cooking in front of it.

The size of your fireplace must be adequate to the requirements of your joint, which cannot get cooked properly if the fire cannot get to it completely. Indeed, there should be enough of room and to spare. This fire item in the matter of roasting properly is of the utmost importance.

Put the joint about half a yard away from the fire, and baste it almost continually. *Basting means taking hot melted dripping into an iron spoon, and pouring it over the meat.* Keep the joint always turning round and round. In roasting, we will say, a piece of beef, wipe it with a dry cloth; some persons lightly wash it, or wipe it with a wet cloth, but this will prevent it from browning. Remove all black, smoky coals from the front of the fire, or they will give the meat an unpleasant flavour, and having hung it at least half a yard away from the heat at first, baste and turn it slowly round. Were the meat to be put quite close to the fire at the commencement, it would speedily brown, although the inside would remain raw. A sprinkling of salt should be given it when about half done. A quarter of an hour to every pound of meat is the usual allowance in roasting, but the cook must use her own judgment in the matter as well, as, if the fire is an extraordinarily good one for the purpose, the roasting may be done, and done well, before its allotted time.

Fresh meat.—Bear in mind, also, that *fresh* meat takes longer to cook than stale. When done, the beef should have a rich brown appearance, the brownness being due to the amount of basting it has had; indeed, a great deal of the flavour and crispness, as well as the appearance of the roast beef, will depend upon the basting. When almost done, steam will issue from the joint. When quite done, lay it upon a very hot, roomy dish, and, pouring away all the fat from the dripping-pan, empty the remainder over the meat. A *very little* water may be added, more would sodden the meat and render the gravy tasteless. Scraped horse-radish should be laid in small tufts as garnishing round the dish before serving it.

Be careful with the dripping; it should be poured into a clean basin, and left to stand till cool, when generally a good gravy will be found at the bottom, and by pouring *boiling* water on the fat, it will be clarified and ready for using in common cake making, etc.

Mutton, roasted.—Some cooks say this meat takes a longer time than beef to roast, whilst others say it takes shorter. I think, however, that they require about the same amount of cooking, the meat, of course, being of an equal size. At all events, mutton wants well doing, a shoulder especially. The same precaution must be taken as to its not being placed too near the fire at first, and a slight sprinkling of salt will improve it. *Indeed, this is what should be added to all plain roasted joints.* Mutton must be served up on *exceedingly* hot plates and dishes. It is hardly eatable when put upon half-cold ones, and half-

cold mutton fat will often almost deter the diner from eating anything at all. Roast mutton must be served with onion sauce. Legs of mutton are usually not so fat as the shoulders, and consequently do not take quite so long to cook.

Veal, roasted.—This is sent to table stuffed with a stuffing of parsley, suet, lemon-peel, thyme, bread-crumbs, nutmeg, pepper, salt, and a well-beaten egg, and a little lemon-juice squeezed over the whole of these ingredients, which are chopped fine and pressed together. The stuffing is forced into the cavity left by the bones being taken out. Veal is a very tender meat, and, as we already know, a very white and delicate one. It must therefore be covered with paper that has been well saturated with sweet dripping or butter to prevent it from burning, as it wants *well* doing (underdone veal is extremely hurtful as a food).

Veal wants more cooking than beef or mutton, and when almost done the paper must be removed so that it can brown nicely. Baste it thoroughly with dripping, as a rule it does not furnish much of its own. To send to table put slices of lemon round it, and cover with melted butter.

Lamb, roasted.—Like mutton, this meat should be well done, and served up very hot. Baste it well and sprinkle it with salt when partly cooked. Get the butcher to joint it nicely, that is, to chop the joints asunder, so that there shall be no difficulty in cutting it up. Serve with mint sauce (in a tureen).

Venison, roasted.—This meat must be covered with greased or buttered paper like veal, and often it is covered with a thin paste. It

will give little or no dripping of its own, being a hard dry meat. Baste it thoroughly, sprinkle with salt, and do not put it too near the fire, or it will have the effect of drying up what moisture and juices it contains. Serve it with currant jelly in a glass dish, and a good, rich gravy.

Pork, roasted.—Pork must always be well-done, and should be allowed 20 minutes instead of 15 to the pound. The stuffing (it can be stuffed or not) is made of chopped bread-crumbs, sage, onions, pepper, and salt. Pork must be scored, or marked in slices before being cooked, or the carver will have the greatest difficulty in cutting anything approaching to a respectable-looking slice of meat from it. Baste often, and a good plan is to rub it well with some kind of sweet, fresh fat before putting it to roast, as it is apt to blister, and this gives it an unsightly look. Serve with apple sauce (in a tureen). In making the stuffing some like a few drops of lemon juice squeezed over it, and the onions ought to be boiled slightly before being chopped.

Pig, roasted.—The pig should be got in readiness for roasting by the butcher, and it will take from $2\frac{1}{2}$ to $3\frac{1}{2}$ hours to roast, according to its size. The feet must be taken off, and when cooked it must be divided down the middle of the back from end to end, the two halves being placed brown side uppermost, side by side on the dish. The skin should be crisp and beautifully browned. The brains are taken out, and when the liver has been boiled the two are chopped up together, and with some good gravy boiled for a few minutes, and served in a tureen or butter boat with the pig. The

head is not allowed to remain on the pig, but being split in half, one part is put at the top, and the other part at the bottom of the dish.

Boiling.

Boiling joints, contrary to roasting joints, *may* be washed, and should be tied up very securely into the shape they are wished to take, as they are apt to shrink and get out of form in the process. Meat should *always* be given plenty of water to cover it, and plenty of room in the saucepan. If these two simple rules are not well followed, the result will be a tough, unsavoury joint.

Rule 3. All descriptions of meat should be put into cold *soft* water.

N.B.—A small piece of *soda* will *soften* water.

Rule 4. When fresh meat is to be boiled add some salt; it has the effect of sending scum, froth, and other impurities to the top.

Rule 5. Put a *plate* at the bottom of your saucepan when boiling meat, so that there will be no probability of its sticking to the bottom, and also it will let the water get freely underneath the joint.

Rule 6. Take the scum frequently from the top of the water; if not, it will discolour the meat.

Rule 7. Do not let the water boil fast; meat should be done *gradually* through.

Rule 8. Do not let the water go off the boil *at all* during the boiling of a joint; it will be tough, unsatisfactory, and flavourless.

Although it is customary and correct to put meat into *cold* water for boiling, there are exceptions to this rule; for instance, many good cooks will lay *large* joints, such as legs of mutton, in boiling water, and when bacon or a ham is supposed to be more than or-

dinarily salt, these are treated in the same manner. Give meat 20 minutes to each pound to boil, with the exception of mutton, which will only require 15 minutes, and corned beef 16 or 17 minutes. When done meat will "plump up" and shrink away from the bone. The saucepan must be carefully watched, as when the water wastes it must be replenished; the meat must *not* remain uncovered by it for even a short period.

Beef, boiled.—A round of beef should be thoroughly washed or *doused* in cold water, and plenty of it; the bone must be neatly removed, the meat *rolled* round as tightly as you can roll it, and then tied with strong string, or better still, broad tape. It should simmer, *never going off the boil*, and be skimmed lightly. Serve with some of the liquor (water) it has been boiled in. The vegetables usually eaten with hot, salt, boiled beef are potatoes, greens, and carrots, some of the latter being split in halves and laid round the dish. *Thin* pieces of beef, or rather close-set pieces, such as what is called the *thin flank* or brisket, want boiling longer than ordinary pieces; they are not particularly nice pieces to choose for this purpose, and will take probably half-an-hour to each pound in cooking. It must be tried with a fork in order to find out whether it is done.

Mutton, boiled.—A leg of mutton ought to be boiled in a pot long enough to let it lie easily lengthwise, but if you have not this it must be severed at the joint near the shank. The water in which this is boiled will make most excellent and nourishing broth, or the foundation for some good soup. Put a little salt in the water, and

be careful to gather off the scum ; do not let it gallop in boiling, but just boil gently and carefully. Turnips are eaten with boiled leg of mutton, but do not, if you can avoid it, boil them in the same water with the meat, it will make it taste of them. When dishing it put a *little* of the liquor over it, not much, as the joint when cut will furnish a rich and sufficient gravy of itself. Serve with caper sauce (in a tureen) and turnips boiled in quarters, or mashed.

Neck of mutton is eaten with parsley and butter, and is dressed in the same manner as the leg.

Lamb, boiled.—Supposing it to be a *leg*, wrap it in a thin cloth, or rather thick piece of muslin. It is considered a most delicate dish, and should look *white*, which is what the cloth is wrapped round it for. In serving it send one of these two sauces—plain melted butter, or parsley and butter ; and having made *chops* of the *loin*, fry them nicely and place them round the joint. This liquor also makes good broth.

Ham, boiled.—A ham should be soaked in *cold* water for from 10 to 18 hours before it is required to cook it. Scrape it with a blunt knife, and put it into a saucepan with a great deal of cold water, letting it simmer, if large, for from 4 to 5 hours ; if small, from 3 to 4 ; it all depends upon the size, and whether it has been cured long or not. A great deal of fat will rise to the top of the water, which must be skimmed off very often. When the ham is done, *the rind must be completely stripped off*, and the raspings of bread strewn over the top. These raspings can be bought at the baker's, or if you have a hard brown crusty loaf grate it over your

Cabbage and broad beans are frequently eaten with ham, as they are with bacon.

Bacon, boiled.—Many persons boil their bacon and beans together, and they are very nice cooked thus, it must be owned, but if the vegetable is to look a *respectable* vegetable on your table, boil the beans separately, as the bacon entirely ruins their colour. Soak the bacon in *cold* water, as in the case of the ham, also scrape it. Put it, well covered with cold water, into a saucepan, let it take from 30 to 35 minutes before it comes fairly to the boil ; skim it occasionally, and when done strip it of its rind. To serve the two together—bacon and beans—place the latter in a deep, flat dish with the bacon on the top of them. They are eaten with parsley and butter (in a boat).

Veal, boiled.—The stuffing for a leg of veal is made thus : bread crumbs, salt pork chopped very fine indeed, suet, pepper, salt, and parsley, mixed well together. After being chopped up together, it is put into the place that the bone is taken from, and must be sewn in with a needle and thread. Let it go, if possible, into a saucepan long enough to hold it comfortably, and fill it up with cold water, with about a tablespoonful of salt in it. Skim the liquor very often (it makes good nutritious soup with chopped vegetables), and let it *just* boil till done. You can try it with a steel fork, passed gently into it. It is eaten with parsley and butter, or oyster sauce.

Tongue, boiled.—Soak the tongue for 12 hours ; wash well from salt. Boil it well covered with water, if *large*, for $3\frac{1}{4}$ hours ;

if small, for about 2. The *skin* must be carefully peeled off before sending it to table, and the garnishing is sprigs of parsley.

Pickled pork.—This must be, after it is washed, well *scraped*. Put it into *boiling* water, keep it well clear of scum, and serve it with greens. Pease pudding is frequently served with it also.

Broiling.

In ordinary and small households, broiling is not much practised; very likely because it requires much skill, much patience, and much care to become a really good *broiler*; but the art once mastered,—like everything else,—it is easy indeed. The two things indispensably needful are a good, brisk, clear fire, and a well-cleaned gridiron. Before an article of food is to be broiled, the gridiron must be placed upon the fire and allowed to become really *hot*, and *when* hot the bars must be smeared over with suet (some use dripping or butter); suet is best, however, on account of its hardness. This is to prevent the meat from clinging to the bars. Pepper the meat, and letting the gridiron lean a little downwards, towards you, put the *lean* portion on the back part of it, and the *fat* on the front. You ought to have a pair of meat tongs,—this is almost an indispensable,—to turn the meat with; a fork will let the juices run out of it, and the chief object of the cook in this affair should be to keep them in. Do not *salt* the meat, although the use of *pepper* has been mentioned. Salt will cause gravy to flow from meat also. Turn the meat a few times; and recollect that to beat meat, as some persons do before cooking it, will *not* make it (if originally tough) tender, but it *will* make

it rough looking and mangled. When broiling, broil *quickly*; it is really the very quickest and easiest method of cooking meat, etc. Remember also to serve it as *hot as possible*. Supposing you to be broiling steak, on its being broiled enough lift it with the tongs on to a very hot dish, put a large piece of butter on it, and a little salt; serve with ketchup usually. Steak should be from $\frac{1}{2}$ to $\frac{3}{4}$ of an inch thick; and the dish it is to be put in is often preferred to be smeared over with an onion, just to give a mere taste of it to the meat (or a shalot). Mushroom sauce and oyster sauce are also proper to be served with broiled steak.

Of course only rather small pieces of meat can be dressed by broiling, such as kidneys, chops, slices of ham, etc. Fowls are often done in this manner, however, and then they have to be *divided*. They are split down the middle. Fish is often broiled, too, and we will broil some presently.

Pork chops, broiled.—These should be cut rather thin, and be of a pale golden brown colour when done. They should be turned often, and many like them powdered with a little dried sage.

Mutton chops, broiled.—These, if with a large margin of fat, should be trimmed of it a little, as if there is much, it will spoil the fire, causing much flame, which will cause smoke and blacken them. They must be well peppered, but put *no* butter to them.

Kidneys, broiled.—Cut the kidneys in halves, lengthwise, putting a fine skewer or wire through them to keep them open, and also flat; put a sprinkling of pepper over them, and cook them

over an exceedingly clear fire. Put them in a *very* hot dish, with a little piece of butter upon each one.

Ham, broiled.—The ham, or bacon, in rather thin slices, must broil quickly, be peppered slightly, and butter (a small piece) put upon the *ham*, which is usually lean, but *not* upon the bacon,—that being sufficiently fat in itself. Remember the *hot* dish.

FRYING.

There was a certain man, once upon a time, who wanted to find a respectable lodging for himself, where he could have his frugal meals cooked *with* and *in* cleanliness. Now there were plenty of lodgings to be had, and plenty of people willing, as they rather uncomfortably put it, to “do for him,” but there was always one little stumbling-block in the way of any agreement being arranged. A very simple one too, but the housewives he applied to did not like it at all. It was his practice to beg a little favour at their hands: “Please might I look at your frying-pan?” And the frying-pan, nine times out of ten, was not in a fit condition to introduce to any one’s notice.

Frying anything in a greasy, dirty pan is simply dreadful to reflect upon; but some women, very good cooks, will do this. They never let the pan see water, sand, and soap from one week’s end to another; they merely *wipe it round with a piece of paper!* However greasy the pan may be, a spoonful of Hudson’s extract of soap, put on to a dish-cloth, will dislodge it immediately. It must be wiped dry, or it will rust. Frying is literally boiling food in boiling fat, so your pan should be of a good thickness, or the meat will burn before it is half done. It is a very favourite method with poor people of cooking their food.

Lard, dripping, butter, and olive

oil are what are used to fry in, the two former being the most common. The fat must *perfectly* boil before you put the meat into it, and the pan must also be made very hot before the fat is placed in it. All frying should be done as quickly as possible.

Veal cutlets, fried.—These are sometimes done in their own dripping,—that is, dripping that has been saved at some previous cooking,—as there will not be much fat to the cutlets themselves; but they can be fried in butter, or sweet dripping of another sort. Let them be about half-an-inch in thickness, and dipped in the well-beaten yolk of an egg first, and then in bread-crumbs. Put them in the pan and fry them *slowly* of a light brown. A cupful of water, in which a tablespoonful of flour has been well rubbed; a piece of butter the size of a walnut, pepper, salt, and half a lemon’s juice, mixed together and allowed to boil for a minute, will make an excellent gravy. Pour it *over* the cutlets.

Lamb cutlets or chops are done in the above way. Bacon or ham fried are sometimes sent to table with *real* cutlets, but *not* in the same dish.

When meat is fried as much as it should be, you can ascertain it by pressing a knife against it; it ought to spring up again where pressed down, and the juices will ooze forth. Never let it get *hard*, and never stick a fork or anything sharp into it. A pair of meat-tongs will prevent this.

STEWING, HASHING, MINCING.

When uncooked meat is to be cooked by means of simmering for some time, and served with the gravy it is *cooked in*, it is called *Stewing*. When cold food is to be warmed up in a savoury way, it is called *Hashing*. And this is the difference betwixt the two modes.

Joints can be stewed as well as smaller pieces. In stewing, keep the water always *simmering*, never *boiling*.

Rules concerning Stews, Hashes, Minces.—These, it should be remembered, are usually garnished round, that is, *ornamented*, with prettily-shaped, neatly-cut pieces, or sippets, of bread; and these are sometimes toasted, sometimes fried. With minced veal the juice of lemon is squeezed over the mince, and it has a garnishing of thin slices of lemon cut into quarters.

Besides hashes, stews, and minces, there are haricots, fricassees, ragouts, salmis, fricandeaux, curries, and a process known as “jugging.”

A haricot is a kind of stew made with meat previously uncooked (chiefly mutton and veal), vegetables, pepper, and salt. The meat is half-cooked first by being shaken over a fire in the pan with some butter; then add the vegetables and some gravy that you must have hot in readiness. Simmer till all the ingredients are tender.

A fricassee is a stew also, and is made sometimes of vegetables alone, but the *fricassee* ordinary is composed of pieces of chicken, ducks, rabbits, lamb, etc. These are first of all fried in butter, and then stewed till soft in rich gravy. The sauce is strained from the vegetables,—whatever they were that were put in the *fricassee*,—and thickened with well-beaten eggs or cream. This sauce should be poured over the dish, which is garnished sometimes with sliced lemon, sometimes oysters, but *never* with sippets of bread.

A ragout is a highly-seasoned dish. The meat (game or butcher's) is fried until it is half done, and then simmered with gravy, onions, truffles, mushrooms, herbs, and spices. It is served with sauce the same as the fricassee, thickened with a piece of well-floured butter, and garnished with slices of lemon, force-meat balls, etc.

A salmi is merely the re-cooking of roasted game (feathered) and wild fowl; not meat (butcher's) nor farmyard poultry. Fry first butter, flour, spices, onions or shallots, and lemon peel together, adding the meat afterwards, with about enough gravy to moisten it. When the meat is warmed through, serve it upon toasted bread. Salmis can be eaten *cold*; it is considered a very delicate way of re-dressing cold game.

A fricandeau is composed of a rather thick piece of meat, usually *veal*. For one of the latter take 3 or 4 lbs. of veal (fillet) and 4 or 5 slices of nice bacon. The meat should be cut into a trim, nice-looking shape and *larded* thickly with bacon. Slice up a carrot, some celery, and an onion, putting them into a stewpan with a few savoury herbs and a little allspice, mace, and a couple of bay leaves, with a few slices of bacon on the top. Now lay the *fricandeau* (the piece of larded veal) over the bacon, the larded side upwards; sprinkle a little salt on it, and pour round it about a pint of good gravy. Place all over the fire to simmer as slowly as possible for from $2\frac{1}{2}$ to 3 hours. Take out the *fricandeau* when done, take off the fat, and strain the gravy, boil it to a strong jelly or glaze,

with which cover the *fricandeau*. Serve up quite hot upon some green peas. Pour the gravy upon the bacon and other things in the dish, but *not* over the *fricandeau*.

Larding.—The term *larding* signifies the following process, which I copy *verbatim* from an old but very reliable cookery book: "We suppose the cook to possess *larding needles* of various sizes." (Larding needles are to be obtained at the ironmonger's, and are made with split ends to hold slices of bacon, which, by their help, can be inserted into the flesh of various animals.) "Rather small, smooth strips of the length wanted should be cut off a piece of *firm* bacon fat, and these slips must be put into the larding needle, and when so put their name is *lardoons*. The *skin* of the article of food intended to be larded must be pierced, and also a *little* of the flesh, leaving the bacon in with an end of equal length showing on each side. The holes thus made for lardoons should be made in rows, and many or few, according to the cook's idea."

Larding is not at all a difficult operation; a little practice will render any one with ordinary genius an adept at it speedily.

These *lardoons* should be about two inches in length, and about an eighth of an inch wide, for *fricandeaux*, poultry, game, &c.; but for beef and veal they must be thicker.

Soycr also gives a capital lesson in larding, which I insert herein, for it is a good A B C of the art:—

"Have the *fricandeau* trimmed; lay it lengthwise upon a clean napkin across your hand, forming a kind of bridge with your thumb at the part you are to commence at. Then with

the point of the larding-needle make three distinct lines across, half an inch apart; run the needle into the third line at the further side of the *fricandeau*, and bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving out a quarter of an inch of the bacon at each line; proceed thus to the end of the row. Then make another line half an inch distant; stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon out all the same length. Make the next row again at the same distance, bringing the ends out between the lardoons of the first row, proceeding in this manner until the whole surface is larded in chequered rows. Everything else is larded in a similar way."

Curry is a stew of *white* meat—fish, or mutton. It is eaten, or rather prepared, with rice, which must be very nicely cooked. The way to get the rice in readiness for curry is, after well washing and picking it over, to put it into a saucepan, pour *hot* water over it, and cover it up well, letting it stand by the fire for two or three minutes, to dry the rice thoroughly. Turn it well over with a fork, or the heat will perhaps make the grains hard.

Curry.—To make the *curry* take a small tea-spoonful of curry powder, one of water, two table-spoonfuls of vinegar, and one of salt. Stew all these gently for forty or fifty minutes, adding more vinegar and water if it is getting too thick. Now add the meat, whatever it is—fish, veal, rabbit, mutton, or fowl—cut into square pieces, having got them fried in readiness of a light brown colour. Slice six onions if small, four if large, thinly, and stew altogether till tender, which will be in about $\frac{3}{4}$ of an hour. The curry must be served on the rice.

Jugging.—Hares and rabbits are the chief things that are

Jugged. Get a stone jar, and having nicely cut up the hare or rabbit to be so cooked, season highly with salt and pepper, and slightly sprinkle it with flour. Then stick a large onion as full as it will hold with cloves, and put it in the bottom of the jar, cover with gravy saved from some joint, and a glassful of wine; or merely use water, as the hare or rabbit will yield gravy of its own. Put the jar into a saucepan of water, so that it can stew over the fire, but the nicer way is to put it into an oven and bake it. It will be done when the meat and onion are soft.

Steaming is cooking food in a perforated vessel that can be fixed over a pan of boiling water. Some potatoes cannot be cooked properly by any other means.

Potting is to put meat (cooked) into pots (after the bones have been removed) mixed with spices. They are all pounded into a paste together, when, the pots being filled, they are placed in the oven for from 15 to 20 minutes. Good sweet dripping, or butter (clarified) is then poured over them when the meat has become cold, to keep the air entirely away from it, or it would not keep.

Braising.—This cannot be done successfully unless proper utensils for the operation can be had. These are stewpans made on purpose, with deep covers. To braise, line the inside of the pan with slices of bacon, and, sprinkled over with powdered or finely shred herbs and spices, the meat must be laid in, and covered over closely. Put the pan on to a fire that will reach it upon all sides; thus the meat is cooked in its own steam and gravy.

Sauté-ing.—This signifies dressing some small article of food in a very small quantity of some description of fat, such as dripping, butter, oil, lard, etc., and one side at a time must be done. Sauté-ing must be done *quickly*, as the chief art in this mode of cooking is to keep the juices from oozing away. It is considered a saving way of dressing small articles of food. To *sauté* a chicken (small) would only require a couple of table-spoonfuls of oil.

Boning.—This is usually done by the butcher, and means literally making the fowl or joint, or whatever it is, *boneless*. When a bird has been boned, it is filled with different ingredients, and can be made to assume the form it originally had when "boneful," or it is sometimes flattened out completely on a board, and covered with sausage-meat, veal forcemeat, or layers of tongue. It is then, being of an equal thickness all round, rolled up and tied tightly, then put into a pudding cloth and dressed.

Glazing is to cover joints proper to be glazed with a thin gold-brown paste, made by boiling down rich beef stock. Keep the glaze in a well-covered jar.

RECIPES FOR COOKING MEAT.

Beef hashed.—Any slices of cold roast beef, trimmed up neatly and dipped in flour. Put the bones of the cold joint into the saucepan with half-a-pint of water and a wineglassful of Worcestershire sauce and a large spoonful of mushroom ketchup, pepper, salt, and a piece of butter dipped in flour; simmer for about 20 minutes, when lay in the meat well floured, and simmer on for

another ten minutes. It must not *boil*; if so, it will harden the meat. Put small pieces of toast round the dish.

Beef kidney stewed (a nice little dinner for one person).—Slice the kidney into several trim-looking slices, sprinkle it with pepper and salt, and *fry* it first, until it is of a good brown colour. Put half-a-pint of water in the pan, slightly thickened with flour (prepare it in a cup), then the kidney, and stew slowly for 30 minutes.

Beef minced.—Mince, that is, chop up into exceedingly small pieces, about a pound and a half of beef, quarter of a pound of bacon or ham, and an onion, sprinkling over them some grated nutmeg and pepper. Have a little good brown gravy ready, made from bones boiled down; make it very hot, strain it and pour it over the mince; dip a piece of butter in flour, and add to it; let it simmer for a few minutes—15 to 20. Serve very hot, with sippets of toast, on which is placed half of an egg, hard boiled.

Beef-steaks and onions fried.—The steak should be from half to three-quarters of an inch thick. In the pan put a large piece of very sweet dripping or lard, and let it get very hot, but not boiling, when lay in the meat. Turn it now and then with the meat tongs, so that it shall not burn. When of a good brown colour and done sufficiently, which latter you will be able to judge of from appearances, having been careful in carrying out all the preliminaries named, take it up, and place on a *very* hot dish in front of the fire. In the odd minutes you have had to spare whilst attending to the steak, you

will have been slicing some onions into very thin slices, and sprinkling them with pepper and salt, and these must now go into the pan, be turned over very frequently with a fork, until they are tender and brown, poured *over* the steak, and the dish is ready to serve up. Remember, *hot* plates.

Brawn (or pressed head).—Cut the head lengthwise in halves, put it in a saucepan with the feet, 3 leaves of sage, 2 onions, 3 cloves, salt, pepper, 2 tablespoonfuls of vinegar and water, and barley water just to cover it. Boil *slowly* till the bones can be taken out easily, but the meat must not be too soft. Remove all the bones from head and feet. Let the meat cool, strain the liquor, clear it of fat, and boil it till it becomes thick. The head being cold enough, remove the meat from the inside, but leave the skin intact. Cut the meat into small portions, together with the tongue (boiled with the head); season well. The liquor, now almost a jelly, when nearly cold, must be stirred in with the meat. On a dish put a wet napkin, spread upon this one of the halves of the skin, put the meat in, cover it with the other half of the head skin, pull the cloth firmly over to bind it, and pin it thus very securely. Lay the head in a dish to fit it with a plate and a weight on it. Keep it thus 24 hours. It should be served *sliced*, and have a garnishing of pickles.

Bubble and squeak.—This is a fried dish, and very good it is. It can be made out of mere cold scraps of food. Cold salt beef or pork are the meats usually used. Cut them up into very small pieces and fry them with any vegetables,

also cut up in the same manner; but cold greens are the *proper vegetable*. Fry these all together in plenty of good dripping (dripping is far preferable to lard here); plenty, because the vegetables are apt to adhere to the pan, and this would cause the whole to "catch" or burn.

Pig's chitterlings.—Directly the chitterlings are taken from the pig, turn them inside out, *scour* them and *scrape* them, salt them, and wash them in at least 8 or 9 different waters, plait or twist them into little plaits, and boil them for from 3 to 4 hours. Can be eaten thus, or may be re-warmed by being put in the oven.

Calf's ears.—Soak the ears, after cleaning them thoroughly in water, for 24 hours, then scald them in two waters. Trim them neatly, rub them over with half a lemon, wrap them in a thin cloth, and boil them in water together with a teaspoonful of salt, a dash of pepper, a table-spoonful of vinegar, and a small bunch of herbs. Boil over a slow fire for 1 hour. Serve with sharp sauce.

Another way.—Dress the ears as above, soak them in water, cut them up, and fry them in very hot fat. Put fried parsley round the dish when serving.

Another way.—Dress the ears as in the first recipe, leave them whole, and stuff them with forcemeat, brush them over with egg, dip them in bread-crumbs, and fry them. Serve with sharp sauce, or merely oil and vinegar.

Fritters of ham.—Take the remains of a ham from which can be cut no more nice slices, chop it finely with a proper amount of fat. To a pound of mince add

two well beaten eggs, three table-spoonfuls of fine bread-crumbs, and a sprinkling of pepper. Cut a French roll into thin round slices, and dip them into a mixture of egg and milk, saturating them; fry them of a light yellow, spread them on either side with the minced ham very smoothly, shake raspings over them, and fry them in good dripping.

Haslet.—Cut into trim pieces any portions of lights, melt, liver, sweetbread, crow, etc.; season them with chopped onion, sage, salt, and pepper; put them into an earthen jar, with some potatoes sliced, and a quart of water, and bake them.

Another way.—Proceed as for baking as above, but put the meat into a baking dish, and cover with pie crust or batter.

Calf's head, boiled.—This is a very economical, and, generally speaking, much liked dish. The head must be cleansed very thoroughly, the brains removed and *soaked* in cold water, after which they must be well looked over, *picked* quite free from anything *save* brains, and the head itself boiled slowly for 1½ hour—a quarter of an hour less if the head is a small one. The brains are to be put into a small saucepan, and boiled in some of the water from the saucepan in which the head is (half-a-pint) for 30 minutes. Boil both slowly. When the head is done, and has been placed in a dish, the brains must be mashed, seasoned with a sprinkling of pepper and salt, and *put back* into the pan. Now get a piece of butter the size of a walnut, dip it into flour, and with bread crumbs and a glass of wine (which latter may be omitted) add to the brains;

stir or shake them, let them boil for a moment or so only, and it is to be served up as *sauce*. Sometimes it is poured *over* the head; sometimes put by itself into a small tureen. Do not throw away the liquor from the boiling by any means, it will form splendid *soup*.

Sheep's head, boiled.—It must be borne well in mind that all heads and the inward parts of animals reckoned upon as food must invariably be exceedingly well washed and cleansed. Hundreds of persons have an aversion to these articles of diet—full of flavour, and last, but not least by any means in these “hard times,” really *cheap*—because they *look* so—to use a not pleasant expression—*nasty*. When people shudder at certain food, although they may shudder from prejudice merely, never having tasted it perhaps in their lives, they will rarely alter their opinion about it. But to return to our sheep's head. Soak it in cold water, washing it afterwards free from all clots of blood, pieces of skin, and (occasionally bone will get loosened and broken in little bits there also) clean the brains in the same careful manner. Put it into a saucepan with *warm* water and a little salt, skimming it very frequently, and letting it boil *gently*. Boil for an hour, when the *fat* must be removed. Now get a *large* onion, one or two small carrots, a large turnip, or two small ones, some parsley and celery, a crust of bread toasted of a nice brown colour, and a sprig of thyme, and put them all into the liquor together. Let all these, together with the head, boil (only just boil) for $1\frac{1}{2}$ hour, when this batch of cookery will be done. It must be sent to table with the brains chopped up in melted butter (poured over it).

Turnips and potatoes are the vegetables required here, and the liquor is to be placed in a boat or tureen, and served with the head also.

Pickled calf's head.—Any remains of a cold cooked head cut into small portions. Mix together oil, vinegar, pepper, salt, and two sliced onions, in the proportion of a teaspoonful of oil to two tablespoonfuls of vinegar. Let the head be in this pickle for several hours. Dry the pieces on a cloth, and fry them in warm fat.

Cow heel, boiled.—A simple dish enough, inexpensive, and thought delicious by many. Boil the heel so well that the flesh is easily pulled from the bones; put in the *boiling* a good sized onion and a saltspoonful of salt, and send to table with a boatful of parsley and butter.

Liver and crow.—Throw the liver into warm water for 5 or 6 minutes after it has been well washed; dry it well on a cloth, cut it into neat, rather thin slices, and fry it with the crow. The latter hardly ever yields enough fat of its own to fry itself and the liver, therefore add $\frac{1}{4}$ oz. of dripping or more. Do not make it too fat. Fry of a nice brown colour, and serve with gravy, made by pouring all the fat away from the pan, and replacing it by a little thickened water, flavoured with lemon juice, and coloured by a few drops of colouring. Serve *very* hot.

Calf's liver and bacon, fried.—Cut the liver, after washing it well in cold water, and wiping it very dry with a cloth, into thin slices. Fry it of a nice dark brown, and lay it upon a dish; then fry the bacon and lay

it on the liver. Pour a cupful of boiling water into the frying-pan, shake a little flour into it, and a tiny piece of butter, and squeeze the juice of half a lemon over the mixture; this will make an excellent gravy.

Another way.—Wash the liver; dry it and slice it. Cut the rind off some thin slices of bacon, and, making the pan very hot indeed, fry them as quickly as possible; then fry the liver in the bacon fat. Lay the liver over the bacon on a hot dish, and put gravy to it made as before.

Fricasseeed mutton, with capers.—Cut a breast of mutton into small pieces, and let them *steam*, together with 2 bay-leaves, 3 cloves, a teaspoonful of salt, and $\frac{1}{2}$ a one of pepper, for 30 minutes, covered closely. Shake the pan several times, add $\frac{1}{2}$ a pint of warm water, and simmer for an hour. Now strain the liquor, thicken it with flour, and put in a tablespoonful of capers, or pickled nasturtiums; lay the meat in this *sauce*, and garnish with slices of lemon.

Mutton, hashed.—Any scraps of cold mutton you have should be trimmed up neatly and dipped in flour. Any bones of mutton, etc., put into a stewpan, with a little celery sliced, a few peppercorns, half a teaspoonful of allspice, an onion cut into slices, and a seasoning of pepper, salt, and any herb you fancy. Let these boil up, and then simmer for a $\frac{1}{4}$ of an hour, when strain through a hair sieve. Let it stand for a few minutes, when it will be cold enough to remove the fat from it. Put it back into the pan with the pieces of floured meat and a tablespoonful of walnut ketchup, and make it very hot indeed without actually boiling it. Serve

with small, triangle-shape pieces of toasted bread round the dish.

Omelet, fried.—This is easy to cook, very nice, and nearly always acceptable. It has the further advantage of using up scraps of cold meat and vegetables. Chop some cold meat, vegetables, and herbs to taste, and mix with 2 or 3 well-beaten eggs a little salt and pepper. Fry in lard or very good dripping, never turning it, as it is to be fried upon one side only. Serve it *folded* double.

Calf's pluck.—Blanch the pluck for $\frac{1}{4}$ hour in scalding water, and then place it in *cold* water. Put into a saucepan $\frac{1}{4}$ pint each of vinegar and broth, a tablespoonful of flour smoothly mixed, salt, a small bunch of sweet herbs, 2 onions with 2 cloves in them. Cut up the pluck, and add it to these ingredients; cover close and simmer for $1\frac{1}{2}$ hour. Serve with plain sauce and vinegar, or squeeze lemon juice over the meat.

Pork chops, fried.—Let them be thinly cut, for they must be very well done. They can be fried by themselves simply in fat; or, if to be very nice, beat up the yolk of an egg, and dip the chops in it, afterwards rolling them in a mixture of bread crumbs, sage, and onions. Fry flat.

Sausages.—Chop or mince together very fine equal parts of lean and fat pork, season this with pepper, salt, and chopped sage. Procure skins for the purpose (see that they are *exceedingly* clean), and partly fill them with the mixture, tie up the sausages, and hang strings of them along your kitchen ceiling.

Another way.—1 lb. each of lean and fat pork, and lean veal with-

out bone or sinew. Beat these to a paste, add 1 lb. of fine bread crumbs, 25 large sage leaves, shred very small a teaspoonful each of chopped thyme and parsley (garlic and shalots may be added), season with salt, pepper, nutmeg, and the yolks and whites of 4 eggs beaten separately. 1 lb. should make 18 sausages. Shake a *small* quantity of flour over them.

Sausages, fried.—These must not be done very fast, for sometimes they get hard and brown outside, but are still raw in. Prick them in a few places with a pin, and having melted your fat (dripping is best), put in the sausages before it becomes very hot. Do not let them stick to the pan, and to avoid this shake the pan very frequently. When fully cooked, lay them on a dish (hot) for a few minutes before the fire.

Steak, stewed.—Steak is first *fried* in butter a nice brown. Put in your saucepan or stewpan half a pint of water, pepper, salt, walnut ketchup (tablespoonful), and a moderate-sized onion, rather thinly sliced, with the steak, keep the lid of the pan closely down, stew slowly (about 40 minutes). The gravy must be thickened with a walnut-sized piece of butter well dipped in flour. Serve on very hot plates and dish.

Steak stewed with oysters.—Half a pint of water in a stewpan to 1½ pound of beef-steak and 2 ounces of butter, or very good dripping indeed. Put the meat and butter in first until the former is of a good brown, then the water, some pepper and salt to taste, and the liquor from 18 oysters. The stewpan must now go over a *mild* fire, and the meat be stewed very gently for ¾ of an hour, when add 2

small wineglassfuls of port wine, some butter (walnut size) dipped well in flour, and the 18 oysters. Stew all these together for 35 minutes. Serve hot.

Irish stew.—This is an ordinary family dinner dish, and the quantities of meat and vegetables to be used in preparing it must be regulated according to the number of diners. For a medium-sized dish get 2½ pounds of chops (mutton), 9 or 10 large good potatoes, and 4 or 5 small onions. The chops should be cut from the loin if possible. Put them in the stewpan, as many as will go without crowding at the bottom. On these lay some *sliced* potatoes and the onions (whole); repeat this till your ingredients are exhausted, and then pour over all about a quart of cold water. Keep the stewpan lid on closely, and stew gently for 2 hours (about), when the gravy will be very much reduced. Add pepper and salt, and send to table on a very hot dish.

Sheep's trotters (excellent and cheap).—Boil 12 sheep's trotters so that they can be easily boned. Bone them, put the meat into a saucepan, with 2½ ounces of butter or fresh beef dripping, 6 tablespoonfuls of broth, salt, pepper, and a small bunch of sweet herbs. Boil for 30 minutes on a slow fire, drain them from fat on a cloth, put them on a *very* hot dish. Serve with caper sauce.

Another way.—Bone the trotters as in the above recipe, put them in a saucepan, with 1 ounce of butter, 3 teaspoonfuls of finely-chopped parsley, salt, pepper, a gill of broth. Let it boil, reducing the liquor slightly, beat up 2 or 3 eggs in a teacupful of milk, stir it well over the fire, but not letting it quite boil. Serve with vinegar or lemon-juice put into the liquor.

CHAPTER IX.

HOW TO COOK FISH.

Preparing for cooking.—Before being cooked see that fish is thoroughly *clean*. The fish-monger usually does this, but you should yourself see that it has been done properly, as often blood being left and other matter it will entirely ruin its own appearance, as well as your appetite, when sent to table. In order to do this, you must know what to take away and what to leave in your fish. You want to make an incision for “taking away” impurities, which, whilst large enough, must not be too large, and it requires a little practice to make perfect in this. If the hole slit is not large enough, it will not be possible to remove all that should be removed; and if it is too large, it will cause the fish (if a boiled one) to be watery and of an unsightly form. The parts to be thrown away are the gills and the lodgments of slime, etc., and the organs connected closely with the fish’s eating powers. The hard and soft roes must of course be left in their places, also, in nearly every case, the liver.

Never trust entirely to the fish-monger in the matter of cleaning fish, always look for yourself, or give your cook orders to do so *invariably*. Persons differ respecting the placing of various fish in hot or cold water, but the following rules are usual: viz., put fish into cold or boiling water, according to its hardness or firmness of flesh. All kinds of salt fish should be put into *cold* water. Turbot, mackerel, salmon, and such firm-fleshed kinds go into *cold* water. Soft-fleshed fish, such as whittings,

haddocks, white plaice, and crimped fish should go into *boiling* water. As in the case of boiling *meat*, keep the water well skimmed when boiling *fish* also. Salt fish must be soaked in water before being boiled. If very dry it will require at least 36 hours’ soaking, 3 or 4 different waters being used. Salmon is sometimes put in *warm* water to dress it, but many prefer cold. It is a question rather between cooks, whether cod shall be dressed when perfectly fresh, or after being kept about 12 hours. It is good, however, either way.

When fish is cooked sufficiently, the flesh parts from the bone of itself, the eyeballs start, and sometimes fall quite out; the fins, too, will be easy to pull away from the fish’s sides.

RECIPES FOR COOKING FISH.

A salad of bloaters (cheap and appetising).—Boil some herrings, and when partly cooked, sufficiently so to allow you to do it, remove the bones. Let the fish cool, when chop up very fine one onion, and pour over this and the bloaters a mixture of oil, pepper, and vinegar.

The brill is dressed in the same manner as a turbot, indeed it has often been mistaken for one when very nicely done. It is much smaller. It is to be observed that flat fish cling hard to life.

Cod, boiled.—This is “cod’s head and shoulders.” A little salt should be well rubbed down the bone of the cod, and also on the

thickest part of the flesh. It should also be tied in various places with very broad tape, so that there shall be no mishap in the way of breakages. Fish torn about and mangled is very unsightly. Put it in the fish kettle and cover it well with cold water, adding a large cupful of salt, a piece of horseradish, and a tablespoonful of vinegar. When the water fairly commences to boil, the kettle must be drawn on one side, and the rest of the cooking done by *simmering*. Try it by gently inserting a knife or fork, and if you can pull up a fragment *easily* from the bone it is done. Drain it, and put it on a napkin in a hot dish. Garnish with parsley, slices of lemon, and the *liver* and *roe* of the cod, or with parsley and horseradish (seraped). Serve with oyster sauce in a small tureen. Take care to cut the tapes away very carefully; put it on the dish *back upwards*. It is sometimes brushed over with an egg well whisked, and strewn with pepper, salt, and bread-crumbs, and a few knobs of butter laid on the top. Put it before a bright fire to *brown*, and serve with oyster sauce seasoned with ketchup, poured round the fish, not over it.

Pickled cockles.—Put well cleaned cockles in a covered pan on the fire till the shells open, shaking the pan occasionally. When the liquor from them is settled enough, pour in double the quantity of vinegar with it, together with a little salt and a slip of mace. Boil this for 2 minutes, pour it hot over the cockles, put them in pots with air-tight covers.

Eels, boiled.—Skin and clean an eel thoroughly well. Split open the belly, which must be divided into four pieces. Now take all the flesh from the tail part of the eel, and pound it well in a mortar,

adding to it grated nutmeg and bruised mace in small quantities, some pepper and salt to taste, and a little lemon peel, parsley, thyme, and breadcrumbs, all chopped small together. Put some butter to this mixture, and roll it in a well-whisked yolk of an egg. Into the four pieces put this stuffing, and taking some of the *skin* of the eel, wrap it round them, sew them up with a needle and thread, and broil them over a clear bright fire. Serve with melted butter.

Eel, fried.—This fried eel is known as the “eonger.” Cut into small portions about 2 or 3 inches thick, cutting right through the fish. Dip them in beaten egg and breadcrumbs, and put them into plenty of *boiling* fat, dripping or lard. It will take about 20 minutes to fry them. Serve with melted butter, shrimp sauce, or oyster sauce, and with a lemon to be squeezed over it by those preferring the flavour.

Fish, baked.—Baked conger (eel) will take nearly 1 hour to cook. Take a piece from 12 to 14 inches long (head part) and stuff it with a stuffing of breadcrumbs, lemon, thyme, parsley, marjoram, suet, lemon peel, and sweet dripping, all chopped up together very fine indeed, put it into the fish, and sew it up securely. Lay it in a deep pie dish, and cover with about 1 pint of water; cut several small thin slices of butter and put them on the fish, dredge it well with flour, and bake in a moderately quick oven. Potatoes can be laid beneath the fish, and are very nice so done. The liquor or gravy should be thickened with flour. Whilst the fish is cooking, it should be frequently basted with the liquor in the dish. Tomato sauce is usually eaten with baked conger,

but it may be served with almost any nice kind of sauce. Some persons eat soy, walnut ketchup and pickled lemon, a tablespoonful of each as a flavouring.

Fish broth (excellent, nutritious, cheap).—Put into 3 pints of water $\frac{1}{2}$ a pound of small eels, an onion, 6 peppercorns, and a small bunch of parsley. Simmer till the fish begin to break, and the broth is reduced to half. Add salt, a teaspoonful of vinegar, strain it through a sieve.

Fish cakes.—Take away the bones and skin of either cooked or uncooked fish of almost any kind. To every pound of fish allow 1 pound cold mashed potatoes, 1 ounce of dripping (melted), 2 tablespoonfuls of cold milk, $\frac{1}{4}$ of a teaspoonful each of pepper and salt. Form into cakes on a floured board, paste over with milk, dredge both sides with flour, fry of a light brown colour.

A nice fish dish.—Get plaice, soles, or flounders, or all three, if cheap, and these fish are very cheap occasionally. Prepare them for cooking, run a knife along the backbone, put them in a hot, flat, earthen dish, add an ounce of butter to each fish, a dessert spoonful of chopped parsley, a teaspoonful each of chopped onion and mushroom, a saltspoonful of salt, and a sprinkling of pepper. Let the fish have this mixture above and beneath them, put them in a moderate oven, and pour over them when almost done 3 tablespoonfuls of broth flavoured with lemon juice.

Fish stew.—Cut up some fresh fish, such as haddocks, plaice, etc.; divide them into portions; put them into a stewpan with a chopped onion, chopped parsley, a

teaspoonful of butter, $\frac{1}{4}$ pint of water, a little cayenne, mace, and ground ginger, the juice of 3 lemons (1 egg well beaten in a little of the fish liquor may be added *afterwards*). Boil up once and it is done.

In cooking *flat-fish* (all kinds), bear in mind that they require to be thoroughly done; but that they must not *break*. Always put a good quantity of salt in the water and a stick of horse-radish.

Flat-fish should be thick, firm, and stiff, and have very bright eyes.

Haddock, baked.—The haddock must be very clean and as dry as possible inside, and filled with veal stuffing, sewn in securely. Dip it in white of egg and breadcrumbs, and put its tail in its mouth. It will take about 30 minutes to do. Serve *without* a napkin.

Haddock, broiled.—Let them be thoroughly well cleaned and dried, the roe and liver (if any) to be taken out, washed and dried, and put back again. Flour the fish well. See that the gridiron is quite clean, and let it be *hot*, when put the haddocks on, turning them rather frequently, so that they do not stick. Do one side first. When well cooked, and their appearance will tell you this, lay them in a dish and serve them very hot, with anchovy or melted butter as sauce (in a tureen).

Haddock (dried), scalded.—This is a most convenient and easy method of cooking a haddock. Lay the fish in a *deep* dish or pan, and completely cover it with water “boiling over” from a kettle—it must *quite* boil. Pour the water in the dish gradually, so that it gets over the fish gradually also (it will split the flesh if the water is poured *upon* it). Cover it over closely with

a cloth, and a dish on the top of it to keep in the steam. Have a hot dish in readiness, and in 5 minutes lift out the haddock, lay it for a minute on a hot doubled cloth to get the moisture from it, and serve immediately with a piece of butter laid upon the top.

Another way is to put the haddock into a fry pan of boiling water, and let it remain there from 3 to 4 minutes, according to its size.

Herrings, baked.—The herrings being perfectly well washed and cleaned, rub them thoroughly all over with a mixture of salt, pepper, and pounded cloves (a spoonful of each); put them in a rather deep pan (earthen), and pour good vinegar on them, covering them well with it; add 3 or 4 bay leaves, cover with thick paper tied round the dish, and let them bake from 1 hour to 1 hour and 10 minutes, according to the heat of the oven. The oven, however, should be a moderately hot one. This dish is to be eaten cold.

Herrings, broiled.—These are an economical and very pleasant dish. Wash them clean (they are *fresh*, of course); dry them and take their heads off, flour them nicely and broil them. For sauce, mash or pound the heads in a mortar and boil them; sometimes *beer* (mild ale) is used instead of water for this purpose; add 1 or 2 whole peppers and an onion. Boil for 15 or 16 minutes, strain through a hair sieve, and thicken with a tablespoonful of flour, a tablespoonful of mustard, and a piece of butter the size of a walnut. The fish must be placed in a dish, and the sauce in a tureen.

Mackerel, to boil.—If you have not a proper pan or kettle to boil these in, get a piece of muslin—any old clean, white pieces will do—and wrap your fish in some, sewing the muslin on lightly with large stitches. Lay them each in a separate and single piece of muslin in your frying-pan, which will be deep enough to hold and also cook them nicely. Use cold water, with a tablespoonful of salt, and let them come slowly to the boil. After this *simmer* them for about 20 minutes, or till when the eyehalls start forward. Be careful to take away the scum as it rises. They are served with plain melted butter usually, but gooseberry sauce and fennel sauce are also proper accompaniments to this fish. When taking them up, let the muslin wrappers remain on until they are in the dish, when cut the threads and slip the muslin from under them.

Mackerel, broiled.—Wash them very clean, dry them on a cloth, take their heads off, and take the roe out. Boil the roe and crush it, and mix with it the well-whisked yolk of an egg, a little nutmeg, minced lemon-peel, thyme, and some bread-crumbs, pepper, salt, and parsley (boiled and chopped fine). Fill the mackerel with this mixture, flour them, and broil on a very clean gridiron over a good clear fire. Serve with plain melted butter.

To preserve mackerel.—Occasionally these fish are very cheap. This is the time to preserve them for future use. They must be cleaned thoroughly, boiled, all heads and bones and superfluous matter taken away. Allow to each dozen of mackerel $3\frac{1}{2}$ tablespoonfuls of salt, 10 cloves, $\frac{1}{4}$ teaspoonful of mace, same of nutmeg, $1\frac{1}{4}$ oz. strong pepper.

Dip each fish several times into this mixture, and, packing them closely in a jar of stone or glass, *cover* them with the seasoning also. Keep air-tight with melted suet.

Red mullet, baked.—Each of these fish must be folded in paper that has been well oiled or rubbed with sweet butter or dripping; tie the ends of the paper, passing the string from one to the other. Bake in a moderate oven. It is served with sauce in a sauce-boat or tureen, and the fish *remain* in their paper envelopes. Make the sauce as follows:—A piece of butter the size of a walnut, a tablespoonful of flour, the juice of a small lemon, and about a teaspoonful of the essence of anchovies, added to the liquor that comes from the fish, boiled for a couple of minutes.

How to cook mussels.—Wash the mussels, scrape the shells, put them over the fire in a shallow pan, when the heat will open them. Remove them from their shells, extract the beard and any small fish that may be found. Put them again in the pan, with $\frac{1}{2}$ oz. of butter, a tablespoonful of finely-chopped onion and parsley; shake the flour-dredger over them, and after also shaking the pan over the fire, add half a teacupful of broth. Let the scum boil away, and when almost disappeared put in the yolks of 2 eggs beaten up in a dessertspoonful of milk flavoured with lemon. Serve very hot.

Oysters, scalloped.—These form a capital little supper dish. Get some nice oysters and wash them in a little of their own liquor. Butter some patty pans, unless you have proper tin scallop shells,

or it can form one middling sized dish by using a tart tin. Sprinkle the tin or tins with well-grated bread-crumbs, putting on the top of these small slices of butter, then an oyster, or the oysters, and more bread-crumbs thickly upon them, with more butter also in little pieces. Add a sprinkling of pepper and a little of the oyster juice, some more butter, and bake quickly for 15 or 16 minutes.

Salmon, boiled.—It is usual to allow 10 minutes to the pound in boiling salmon, and warm water is preferable to cold to dress it in, as it helps to preserve its colour, although, being a firm-fleshed fish, it is often put into *cold*. Wash the fish thoroughly and put into the water it is to be boiled in a large cupful of salt. Be careful not to leave any *blood* in the salmon. Let the kettle or pan be a large roomy one, with plenty of water, and boil *gently*, keeping the scum well cleared off it. When cooked, lift it out by means of the drainer, which put crosswise over the pan to drip. To tell when it is really done, should you have any doubts on the subject, pass a knife along the fish gently betwixt the flesh and the bone. If it goes in *easily* it is done. Serve with a hot folded napkin under it, and garnish it with parsley or with shrimp or lobster sauce. Instead of parsley you may garnish with slices of lemon.

Salmon, broiled.—Take slices from the centre of a salmon about an inch and a quarter thick and sprinkle them with cayenne pepper. Wrap the slices in paper that has been dipped in oil, and after rubbing the bars of the grid-iron with suet or some kind of *hard* fat, broil them. Or they can be wrapped in a cloth to dry, then floured nicely, and merely broiled

thus over a clear fire. To do them nicely the latter way is rather difficult, as they are so likely to burn.

Salt fish.—In cooking *salt fish* always remember to soak it well for a few hours in 3 or 4 different waters. Put it into *cold* water, and boil it according to the *thickness* of the fish. From 10 to 20 minutes is the usual time.

A dish of salt fish.—Put a layer of any remains of cold salt fish into the bottom of a buttered pie-dish, put in a layer of mashed parsnips, with pepper and salt, then another of fish, then one of mashed potatoes, do this till the dish is full. Bake for nearly 10 minutes, turn it completely out of the dish, cut a hard boiled egg in slices, lay them round the dish, and serve with plain melted butter or egg sauce.

Shell fish, boiled.—Crabs are *killed* before being boiled, but crawfish and lobsters are boiled *alive*. To tell when they are done pull the joints, they will separate easily.

Fried smelts.—Cut away the fins from the smelts and wash the fish gently in a *little* water, these do not require to be doused with it as some do. Sprinkle some flour over them and melt about $\frac{1}{2}$ an ounce of butter, beating into it the yolks of 2 eggs. Plunge the smelts into this mixture and then into finely-grated bread-crumbs, and put them immediately into a pan of really boiling dripping or lard, which must be very sweet. Fry them from 3 to 4 minutes, when they should be of a pretty yellowish brown colour. Serve them on a hot folded napkin, garnish with parsley (fried) and let them go to table with a tureen of shrimp sauce (or anchovy).

Soles, fried.—Dredge flour over a pair of soles, and paint or brush them over with the well-whisked yolk of an egg, lay them in bread crumbs, and fry them in a good deal of boiling fat: the fat should cover them. Fry them for 8 or 9 minutes and lay them on a cloth in order that the fat may drain from them; they should be of a golden brown colour. Serve on a folded napkin, garnish with parsley, and send to table with shrimp sauce or melted butter (in a tureen).

Re-cooked fried soles.—Pick the fish nicely free from bone, etc., put them in a stewpan with seasoning, and cover them with good brown gravy. Give one boil, and serve up.

Sprats, to cook.—Let the sprats be well cleaned, and put them in a line on a skewer, running it through their gills. Lay them on a gridiron, which must be a close barred one, and let them broil of a nice brown. They must be served up very hot indeed.

Trout, boiled.—This fish is often disliked by reason of a certain flavour of *mud* it will occasionally have. The muddiness may be removed from trout and other freshwater fish by letting them remain for $\frac{1}{2}$ an hour in very strong salt and water before they are cooked. Trout must be wiped as dry as possible with a soft, clean cloth. This done put them in a fish-kettle with *boiling* water, a small cup of vinegar, $\frac{1}{2}$ a cup of salt, and a small stick of horseradish. Boil *gently* for about $\frac{1}{2}$ an hour. Serve as before, on a napkin, and put plain melted butter or anchovy sauce in a tureen.

Turbot, boiled.—Lay th

turbot in a large panful of salt and water for an hour, longer if a very large one. Then put it into the fish-kettle with cold water and salt and a small piece of horse-radish. It must lie on its *back*, and will take from 30 to 45 minutes to cook from the time it fairly boils, but this must be judged according to its size; if very thick it will take longer. Drain it as in the case of the salmon, and whilst this is going on melt a large piece of good sweet butter (2 or 3 ozs.) and beat into it, or *crush* into it, the spawn of one or two lobsters, also the meat minced, and add a tablespoonful of anchovy liquor. Boil this up for a minute and serve in boats or tureens. Garnish with lemon in slices, and horseradish scraped as for roast beef.

In boiling a turbot saltpetre is sometimes used in lieu of much salt ($\frac{1}{4}$ oz. to a gallon of water). When this is so 3 oz. of salt to each gallon of water is enough.

Serve with the *under side* of the turbot uppermost (the *white* side). It has been served in this fashion for many years, but it has and will be seen occasionally at good tables with the dark side upwards.

It can be garnished with sprigs of parsley and lemon, and lobster, anchovy, and shrimp sauces are all proper accompaniments to a turbot. Remember to serve it up hot on a hot damask table or fish napkin, or an ornamental fish paper (these are much in vogue, and can be procured at almost any good stationer's).

Whiting, fried.—Whitings are cooked with their tails in their mouths. Clean them well and strip them of their skin, twist them into a circle, fastening their tails in their mouths. Dip them in flour, and having well beaten up an egg brush them with it, roll them in finely grated bread-crumbs, and fry them in very hot lard or sweet beef dripping. Serve as smelts are served.

Simmered whittings.—Prepare them for cooking, when put as many as are required into a flat dish with $\frac{1}{2}$ oz. butter, a dessert-spoonful of chopped parsley, and a little salt. Over all grate finely some bread crumbs, or shake raspings over them. Stand the dish in a pan of water, put it over the fire, and let the water simmer till the fish is done.

CHAPTER X.

FOWL AND GAME.

In roasting fowl, game, etc., observe the same rules with regard to your fire, basting, etc., as those given concerning butchers' meat in a previous chapter.

Fowls to roast must be carefully picked, that is, shorn of all their feathers great and small, and the down singed off by means of a piece of lighted paper applied to

their bodies swiftly. And they must be held and scorched so dexterously that they get neither blackened nor burnt. The poulterer usually "draws" fowls for the cook nowadays. Even if they are not purchased at his establishment he will be willing to do this, if so required, for a very few pence. But in the event of no poulterer

being near at hand the housewife must e'en do this after all not very arduous task herself. In "drawing" a fowl be very careful that you do not break the *gall bladder*, if so, it will very likely render the bird quite uneatable from the bitter flavour it will impart. When drawn wipe the fowl inside with a wet cloth, on no account wash it. Singe it nicely, and then press down the breast-bone; some persons place a doubled cloth upon this and beat it down flat. Now sever the legs by the middle of the *first* joint, when you will be able to draw out the *sineus* easily. The gizzard must be placed in one pinion or wing, and the liver in the other, turning the points on the *back*. Cut the head off as close as possible to the body of the fowl, but leave enough skin to fasten down behind. Now put a skewer in the *first* joint of the pinion and pull forward the *middle* of the leg towards it, sticking the skewer through the leg (middle part) and through the body, to keep it in place, and the same operation must be carried out on the opposite side also. Put another skewer into the small of the leg, fastening it to the side portion, and do exactly the same on the other side. Hang it before the fire with the neck downwards. Fowls take, according to their size, from 30 to 60 minutes to cook. They must be basted very frequently, and dredged with flour occasionally.

How to serve roast fowls.

—Roast fowls are served with gravy sauce, or melted butter. Send them to table *always* with the *breast uppermost*. Take care to remove all strings, skewers, etc., from them before putting them into the dish they are carved upon.

How to cook old birds.—

Prepare for cooking, cut some slices of streaky pork or bacon, and put it at the bottom of a saucepan; place the bird on this, put in $1\frac{1}{2}$ pint of good brown gravy, seasoned with pepper, salt, mace, onion; let the saucepan stand on a very gentle fire, covered, and the bird simmer for 2 hours. Put more gravy if necessary. This dish should be served cold.

How to pot birds, etc. —

When birds or fowl are plentiful, they can be economically potted. Let them be thoroughly cleaned, and seasoned with a mixture of salt, pepper, mace, and allspice. Rub them over and over again with this; get a pan, pack the birds in, backs upwards, as closely as you can pack them; cover over with melted dripping, and add a second covering of a flour and water paste; tie close, put in the oven, and bake. Let them cool, lift them out, cut them into neat pieces, and put them in smaller, but still not great pots. Keep them air-tight with hot melted dripping, and plenty of it.

Chicken patties.—Make some paste, line some patty-tins, put a knob of bread in the centre of each, bake, take out the bread, fill with cold minced fowl, or hare, or rabbit, etc.

Hashed duck.—Divide the remains of cold duck or goose, and let the pieces steep in hot gravy by the fire for 10 minutes; put in some seasoning, make a gravy of the odds and ends, and some fried rings of onion; thicken it with a little flour, strain it, simmer the duck in the gravy, and when done put in a dish with the gravy just made; put pieces of toasted bread round it.

Duck, roasted.—Ducks should not be cooked directly they are killed, but allowed to hang for a day; in cold weather 2 days will not be too long. They must be picked, drawn, and singed, and have their heads cut off. The yellow skin upon their feet will come off easily, if you dip them for a little time in *boiling* water.

When a *pair* is to be roasted, it is common to stuff one only with sage and onions, and merely season the other with pepper and salt. Keep them continually basted with good dripping, and roast at a moderate distance from a bright clear fire. They will take from 45 to 60 minutes. Dredge them with flour just before you intend taking them up; they should now look nice and brown. A good gravy must be sent with them in the dish, and also some in a boat. Green* peas are the vegetable (when in season) to serve with roast duck.

Warmed cold fowl.—Divide the meat into very small pieces, put to them a good thick sprinkling of chopped parsley and shallot, $\frac{1}{4}$ teaspoonful each of pepper and salt, and 1 tablespoonful of vinegar. Just before dinner, put them separately into a mixture of 2 eggs beaten to a stiff froth, a teaspoonful of butter or dripping, 2 tablespoonfuls of ale, all well stirred together. Fry in *boiling* lard or dripping to a good brown. Cold veal may be added, or may be done thus separately.

Fowls, boiled.—Put the fowls in a floured cloth, and put them in a saucepan with *hot* water enough to well cover them. Let them come to the boil very gradually, and be particular to take off the scum as it rises. They must now simmer only, and as slowly as you can manage it. When done,

and a large fowl will take quite 1 hour, put them on a nice hot dish, take away all fastenings and skewers, and serve them with a sauce of parsley and butter, or if preferred, either of these—oyster, white sauce, or celery sauce. Some must be poured *over* the fowls, and the rest served separately in a tureen.

Fowls may be boiled *without* a cloth, but *with* one renders them whiter, and also plumper. When boiled without one, the liquor can be used, and is an excellent broth or foundation for *white* soups.

Fowl, braised.—1 turnip and 1 Spanish onion are required, cut into thin slices; add $\frac{1}{2}$ a head of celery, some parsley, and a bay-leaf. Lay a few slices of fat bacon in the pan (at the bottom), and place the fowl, trussed as though for boiling, on it, with some pieces of bacon also on its breast. Place the turnip and onion and other vegetables *round* it, and finally add $1\frac{1}{2}$ pint, or thereabouts, of good gravy or stock. Cover the pan up very closely, set it over a slow fire, and let it cook slowly. Live charcoal should be put on the lid, which is made deep enough to hold some.

Goose, roasted.—Cut the feet of the goose off at the first joint, and the wings also. Take off the end of the vent, and make a slit or hole in it large enough to let the rump through, so that there may be no difficulty in keeping the stuffing in. Stuff with sage, onion, pepper, salt, and breadcrumbs. The *skin* of the neck must be tied very securely, or the gravy will not keep in. Put 2 strings or tapes on the goose, 1 over the wings, 1 over the legs, and place oiled or buttered paper over the breast. Rub in some butter on the shoulders and back, or some

good beef dripping, and roast for 2 hours. It will give a great deal of its own fat, so that there will be plenty to baste it with. Goose should be *well done*. Send it to table with good rich gravy and apple sauce—the latter in a tureen. Take care of the *neck, feet, head, gizzard, and liver*, also *pinions*, as they are the *giblets*, and will form splendid gravy, or an excellent pie, or they can be stewed. Either way they are good.

Grouse, roasted.—Grouse require to hang for a long time; they are picked and trussed like a fowl for roasting. When ready for the spit, cover them with slices of thinly cut bacon and *vine leaves*, tying these on with thread. They will take from 30 to 45 minutes to roast, and are served on slices of toast, with melted butter poured over them.

Hare, hashed.—This is a good way to use up your cold fragments of hare. Take whatever remains of it, and cut it into slices. The bones, head, odd pieces, and trimmings, must be put into a stewpan, with about a pint of water, $\frac{1}{2}$ a cupful of mushroom ketchup, pepper, salt, pounded mace, and a little butter and flour. Stew slowly for about 1 hour, when strain it through a hair sieve. This will make a splendid gravy, and if there should be left any stuffing, make it into balls, and add together with the slices of hare to it. Put *all* now on the fire together, and when upon the point of boiling it is done. Serve with triangular pieces of toasted bread and currant jelly.

Jugged hare or rabbit.—Cut the hare into nice sized pieces (wipe it, not wash it), flour well, put it into a jar with a large onion, stuck with cloves; $1\frac{1}{2}$ table-

spoonful of ketchup, salt, pepper a lemon peeled and in slices, $\frac{1}{4}$ lb. gravy beef, $\frac{1}{2}$ oz. butter or dripping; fill the jar up with water, or gravy if you have it; bake from $3\frac{1}{2}$ to 4 hours, covered close. Rabbit closely resembles hare when cooked in this way.

Hare, roasted.—The hare must be soaked well and washed also in 2 or 3 waters, and then wiped very dry with a clean cloth. Stuff it with veal stuffing, or as follows: Bread-crumbs, suet (beef), parsley, a sprinkling of nutmeg, pepper, and salt, a little grated lemon-peel, an egg well whisked, 2 tablespoonfuls of new milk, 1 of ketchup, and a piece of the liver of the hare. Chop all these very fine indeed, mix them together, and put it in the belly of the hare, sewing it in. Hang the hare to roast head downward, baste it with butter or very good dripping, and flour it lightly occasionally. If large it will take 2 hours to roast; serve *back upwards*, with good, dark, beef gravy and currant jelly (in a glass dish).

Larks, roasted.—Get 20 or 30 larks, and having picked and cleaned them nicely, take off their heads and legs and remove the gizzards. Season them *inside* with pepper, salt, chopped parsley (a sprig or two), and a sprinkling of nutmeg. Dip them first into the well-whisked yolks of 2 or 3 eggs, and then into grated bread-crumbs. Pass a spit through them and let them roast for 15 or 16 minutes before a clear fire, basting them constantly, so that they may not scorch or burn. They should be served put round a dish, and the centre filled with *fried* bread-crumbs. Serve with plain melted butter,—some like lemon-juice in it.

Partridges take about 20 minutes to cook, and are served on toasted bread, soaked in the gravy, and with gravy and bread sauce in separate tureens.

Pheasants, roasted.—These are prepared for the spit in the same way as fowls,—viz., picked, singed, and drawn. To truss them turn the head round *one* of the wings, and turn *both* wings on the back; the legs are to go straight down, and the feet must be left on. The breast must have paper on it at first to prevent it from scorching, but when almost done take it off and allow it to brown nicely. Flour and baste the birds well until a kind of white froth rises upon them; cook them for about $\frac{3}{4}$ of an hour, and serve good gravy with them in the dish. Bread sauce is eaten with pheasants (in a tureen).

Pigeons, boiled.—A nice-looking dish of pigeons boiled can be easily prepared thus: boil a few pigeons by themselves for from 15 to 18 minutes, and a piece of bacon, square and trimly cut,—the size to be according to the number of your birds,—also by itself. Lay the latter in the centre of a good-sized hot dish. Meanwhile you have been stewing spinach to lay round the dish; put the pigeons *on it*, ornament or garnish with small slices of the bacon, and serve with plain melted butter in a tureen.

When a rabbit or fowl is required to look very white it must be *blanched*. Put it on the fire in a pan with a very little water, and let it boil gradually. When it boils take it out and souse it in quite cold water for 5 minutes.

Pigeons, roasted.—These have a stuffing made of their liver, chopped up with crumbs of bread, pepper, salt, butter, and

parsley. Baste them well with butter or good dripping, and roast them for 30 minutes. Serve bread sauce and brown gravy with them, in separate boats.

Rabbit, boiled.—Boil the rabbit slowly in a stewpan of water, putting it in hot water at first; boil gently for from 30 to 60 minutes according to its size (a medium sized one will take 45 minutes). Serve it with parsley and butter, or smothered with onions, or liver sauce (so called). Liver sauce is the liver minced and boiled for 10 or 12 minutes, and put into the ordinary parsley and butter sauce, or a sauce made of chopped onions (boiled first), pepper, salt, a couple of table-spoonsful of new milk or cream, and melted butter.

Rabbit, roasted.—Get a large nice one, and stuff it with veal stuffing, and roast it before a clear fire for about 50 minutes. Baste well with good fat of some kind. When nearly done baste with a mixture made thus: $\frac{1}{2}$ a rather small cupful of new milk, a tablespoonful of flour, mixed smoothly together, a small quantity of grated nutmeg, salt, pepper, and the yolk of 2 eggs thoroughly well whisked. The rabbit should be coated with this mixture, which will be a kind of batter, and when dry baste again with butter or other sweet fat. Have ready some good brown gravy, in which has been put the liver of the rabbit well minced, and some nutmeg, boil together. Put the gravy in a tureen, as well as some *round* the rabbit, and serve with red currant jelly.

A dish of young rabbits.—Cut 2 or 3 nice, young, fresh rabbits into small pieces, dividing the heads in halves, flour them

well, and fry them brown in good dripping; remove all fat from the pan, and put in its place a sufficiency of gravy, a few chopped mushrooms, a small bunch of sweet herbs (mushrooms may be omitted), some chopped shalots, the juice of a lemon; simmer for 30 minutes, skim any scum off the gravy, remove the bunch of herbs, and mix in a knob of butter, well kneaded in flour. Boil up, stirring it so that it is thick without lumpiness. Put slices of lemon round the dish.

Turkey, boiled.—Stuff it with veal stuffing, putting it in the breast, but do not stuff it too full, as it wants room to swell. The skin of the breast must be pulled over the opening made for the stuffing to go in, and fastened neatly down at the *back*. The gizzard must be put in one wing and the liver in the other. Flour a cloth well and wrap the turkey up in it, and put it in a saucepan, or rather pot, of *warm* water, well covering the bird. Keep the water well skimmed while it is boiling. Serve it on a very hot dish, with a little sauce on the breast. The sauce may be either parsley and butter or oyster. And very often instead of veal stuffing another is used, made thus: bread-crumbs, oysters, butter, yolk of egg, and thick cream, well chopped up together.

Turkey, roasted.—The stuffing for this can be either sausage meat or veal stuffing. Fill the inside with either of these, and

sew it in at the neck, or it may be *skewered* in if it be done neatly. Now butter or oil some writing paper (to keep it from burning) and cover the breast with it. Baste *well* with excellent dripping (beef) or sweet butter, and roast the turkey of a darkish brown colour. Just before it is done remove the oiled paper to allow the breast part to brown also. A large turkey will require nearly 2 hours to roast. Serve with rich gravy (in the dish), bread sauce (in a tureen), and garnish with thin slices of lemon. Truss the turkey according to the directions just given for trussing fowls.

VENISON HASHED.

Venison, like fowl, other game, etc., is *not* out of the artisan's reach. There are times for almost all things under the sun to be cheap, and our working friend must keep his eyes open to such matters if he will fare less coarsely than he is in the habit of doing.

Take slices of cold roast venison, rather thin; sprinkle them slightly with salt and pepper. Any bones, etc., must be put into broth and simmered for about 1 hour, then strain it through coarse muslin, or a sieve. Put in a small saucepan a dessert-spoonful of flour and two tablespoonfuls of butter or dripping; let it brown nicely and pour it in the gravy. Put in the slices of meat, well dredged with flour; let it get *very* hot, and serve at once. Serve with or without red currant jelly, and tiny forcemeat balls as a garnish.

CHAPTER XI.

SOUP.

SOUPS are a kind of liquid food, and a most important branch in cookery; a branch, we may add, too often neglected in the ordinary household kitchen. Soup ought invariably to form a part of the daily *menu*, it is at once nourishing and economical. There are, of course, soups and soups, soups economical, soups moderately expensive, and soups extravagant. The first, although *cheap*, need not be the less nutritious on that account. An economical soup, made from a few bones and a few vegetables merely, together with suitable seasoning, contains a really wonderful amount of strength-giving properties, taking into consideration the simple ingredients used. There is an art in soup making, in particular, just as there is an art in cookery in general. The *foundation* of a soup is the *liquor* it is to be made from, and there are few meats indeed that will not when boiled give us this foundation. Thus we frequently start upon literally nothing in the way of expense, which is a thing not to be lightly overlooked. Soups *save* the household joint. It is the best of policies in dinner giving, whether it be the simple home fare, or a "company" dinner, to let soup be the first course. Soups are invaluable from another point of view as a food; they are taken with relish many a time by invalids and others when solid food would be rejected. Never throw away a bone, a scrap of meat, a hard crust of bread, or pot liquor of any description. All these, apparently, to the uninitiated, are useless things: really

and truly they help to form one of the best of foods—soup. If you have no regular stockpot, improvise one out of a good-sized iron saucepan. Set this vessel (as a fixture) upon the side of your stove, and put into it all the odd scraps that would, doubtless, otherwise be thrown away; put water into your saucepan according to the quantity of the solid contents it holds, then you will always have a splendid foundation for, and a quick method of, making your soup. The stockpot should be emptied and cleaned out every three days.

RECIPES FOR COOKING SOUPS, ETC.

Mutton broth.—The scrag end of the neck, or the chump end of the loin, are the best pieces for making broth with. Allow 1 lb. of meat to 1 quart of water. Add a little salt, skim just before it boils. Let it simmer, slicing in 1 onion and 2 turnips. Stew for 2 hours. Remove the mutton, and add to the broth 1 teaspoonful of chopped parsley. Serve with the meat in a dish, the broth in a tureen or basin, and with small dice of toasted bread.

Mutton broth may be thickened with pearl barley.

To clarify dripping.—Put your dripping into a very clean saucepan over a *gentle* fire, a scum will rise soon, skim it off at once, let it boil, skim again if necessary, let it cool, pour it through coarse muslin into a basin.

Another way.—Never throw away *any* fat, even the skimmings

of saucepans will clarify and do excellently for basting. Put the dripping into a basin, stand it in the oven, let it get hot, pour it into a basin of cold water. The impurities will go to the bottom. When the fat is *salt*, pour it into hot water; this will remove the salt.

Colouring.—This is to give a nice appearance to gravies, soups, etc. Make some to keep thus: Put $\frac{1}{4}$ lb. of loaf sugar, $\frac{1}{2}$ oz. of butter, $\frac{1}{4}$ pint of water in a frypan; stir continually till of a pretty gold-brown colour. Put $\frac{1}{2}$ pint of water to this; let it boil; skim; let it cool, when cork down in bottles.

Colouring in haste.—Put into an iron spoon a lump of loaf sugar, put it on the fire, let it get to bubbling point, when plunge it into a cupful of *hot* water; add salt.

To colour soups, etc., quickly.—Toast a knob of bread very brown, but do not blacken nor burn it; put it into your soup, etc., whilst the latter is simmering, about $\frac{1}{4}$ hour before serving.

To boil soups.—Keep your pot well covered over; if not you will not only lose the *steam*, but the *strength*.

Brown soups and white soups.—Brown soup is made chiefly from *beef*, white soup from *veal*.

Cabbage soup.—Cut into exceedingly thin strips a well-washed cabbage, half boil 2 or 3 good potatoes; put them and the cabbage to get her with 1 cz. dripping, and a little salt and pepper, into about $\frac{1}{2}$ gallon of hot water. Boil *quickly* for 30 minutes; then stand it aside, and simmer *slowly* for

$1\frac{1}{2}$ hour longer. Pulp the vegetables with a spoon; boil up *once*; serve with cut toasted bread. A little dry, powdered cheese improves this soup.

To cook soups.—Simmer them *gently*; boiling at a gallop uses up the liquor, but does not extract the goodness of the meat.

Curry soup.—Remove the outer skin of 1 onion; pour *boiling* water on it, chop it, peel and core an apple; wash well $\frac{1}{4}$ lb. rice. Melt in a saucepan 1 oz. of dripping; put in the onion and apple. Take the saucepan on one side, mix $\frac{1}{4}$ teaspoonful curry powder in a little cold water, and put it with the rice into the soup; stir well with a wooden spoon. Boil, lid on, $\frac{3}{4}$ hour.

Lentil soup.—There is much nourishment in lentils.

Put 1 lb. of lentils into cold water the night before wanted; pour off the water then, and if they do not look clean, wash them till they do. Put them into 5 pints of cold water, with $\frac{1}{2}$ teaspoonful salt, a little pepper, and boil 3 hours, or longer if not then quite soft. Put into a small saucepan 3 oz. dripping; let it commence to brown. when add in 2 oz. of flour. Stir in a breakfastenful of the lentil liquor, add all to the soup, boil for 12 minutes, serve at once.

The meat for soups should be put into *cold* water; let it come to the boil as gradually as possible.

Ox-cheek soup.—Steep the cheek in salt and water the night before it is required; then wash it carefully in *warm* water, taking away the nostril bones; cut into small pieces 2 well-cleansed onions, turnips, carrots; dry them in a cloth, brown them in 1 oz. of

dripping, lift them out of the dripping, put them into a saucepan, with about 5 quarts of hot water, $\frac{1}{4}$ teaspoonful celery seed, a little browning, 1 tablespoonful of vinegar. Let it boil up slowly; skim it just before this; simmer for 5 hours. Mix 1 oz. flour in cold water smoothly, add it to the soup when it has cooled a little, boil up, stirring now and then. Serve the soup in a tureen, and the cheek by itself in a dish.

Ox-tail soup.—Make some soup of beef, cut 2 or 3 tails in pieces at the joints, stew them till soft in the soup, but not till the meat falls from the bones. Add a dessertspoonful of ketchup. Serve with the pieces of tail still in the soup.

Pea soup.—Make with water in which meat has been boiled; salt pork is best for this purpose. But if you have not any liquor, use plain water, adding about two pennyworth of fresh meat bones from the butcher. Clean 1 quart of peas thoroughly from all bits of stone, etc.; simmer them gently for one hour with 3 or 4 sliced-up carrots and the bones. Put in now 3 or 4 onions, a head of celery cut in slices, some parsley minced, and a small bundle of sweet herbs. Let the soup simmer for 3 hours more, stirring it occasionally; pour through a colander, pressing the peas through also with a wooden spoon; add salt, pepper. It should be sent to table with a dish of sippets of bread toasted, and a little dried mint rubbed to a powder.

Another way.—Make a soup or broth with bones and vegetables, failing meat liquor, and proceed as in the previous recipe, with the exception of using the peas: 20 minutes before dinner-time, mix in a basin a packet (or 2 if there

is much soup) of prepared pea-flour (1d. per packet); let it be very smooth, pour it very gradually into the hot soup, stirring all the while; let it boil for 10 minutes or so, when take it up, and serve with bread and meat as before.

Potato soup.—Parboil some well-washed, peeled, and sliced potatoes; remove the outer skin from 1 onion, pour *boiling* water on it, chop it to pieces; put these, with $2\frac{1}{2}$ oz. of dripping, $\frac{1}{4}$ teaspoonful each of sugar and salt, and a little pepper, into about 2 quarts of *cold* water. Let it boil, and then continue to boil gently till soft—say 35 minutes. Bruise the potatoes and onion with a wooden spoon to a smooth pulp. Boil up *once* more, and serve.

Increasing quantity of soup.—When your soup has decreased—that is, has boiled away too much, and you wish to add *water*, let the water be *boiling*. If you use cold, or even warm merely, it will ruin the soup.

Soup remains.—*Always* turn any remaining soup you may have *out of the saucepan* into a clean pan; leave it uncovered; if covered, it is likely it will turn sour.

To re-serve soup.—Take away the cake of fat that will be found on the top, and gently boil up *once*.

Salt in soups.—Give 2 tablespoonfuls of salt to each gallon of soup, if there are many vegetables, herbs, etc.; 1 if there are few.

To skim soups.—Skim soups *before* they boil, or they will not get clear.

Nourishing vegetable soup.—Use the water in which meat has been boiled, after skim-

ming off the fat, if there is too much on the surface. Chop up and put into it 3 onions, 3 turnips, a heaped tablespoonful of parsley, a carrot cut into slices, a few sweet herbs, a head of celery. Boil these for 2 hours gently; remove the vegetables and herbs, rub the former through a sieve, or mash them with a wooden spoon in a basin. Put in a teaspoonful of chopped parsley, boil up once, and serve. If a thick soup is required, rub smooth a little sago, rice, flour, etc., in water, and add.

To make stock.—Take the bones out of a leg of beef, chop them in 3 or 4 pieces, remove the marrow; put the bones in a saucepan with $1\frac{1}{2}$ gallon of water; let it boil. Into another saucepan

put the marrow, cut up into small pieces, and 1 lb. of ham or bacon, rather lean; fry the latter brown, turning it over and over; put in the liquor from the bones, cover close, simmer for 5 hours, strain it through a sieve; let it get cold, remove the fat.

Stock is the foundation of all soups.

Beef tea.—Cut small 1 lb. of lean beef, put it into 1 quart of water (cold) in a saucepan, with a little salt and allspice. Let it come slowly to the boil, skimming it just before very carefully; simmer for 1 hour, strain.

If not for an invalid, a small chopped-up onion will be found a very considerable improvement.

CHAPTER XII.

VEGETABLES.

It is a common remark for persons to make that their dinner would not be complete unless plenty of vegetables were served with it. Vegetables, besides cking out an otherwise, perhaps, rather scanty dinner, and being great adjuncts to an ample one, are exceedingly conducive to health when *well cooked*. Badly cooked vegetables, on the other hand, are hurtful in the extreme. Diseases will come to *young* children frequently through being permitted to eat insufficiently cooked vegetables. In the first place, then, for cooking purposes these articles of food must be *sound*; in the second place as *fresh* as possible; thirdly, they require to be perfectly well washed, and freed

from any grit, etc.; and, fourthly, they should be cooked to perfection. Now, cooking vegetables “to perfection” is not, we think, a common achievement in the everyday household. The truth is they are not considered worthy of so much attention as the meats, puddings, etc., and so often go to the wall, and thereby, as a natural consequence, succeed in spoiling what would otherwise have been, perhaps, an enjoyable repast. When vegetables are to be cooked for dinner carefully, consider them and their proper time for cooking just as importantly as the meat, etc. If to go into boiling water, let the water be boiling in readiness; if into cold, let this also be at hand.

Vegetables, too, should be chosen to *suit* the meats they are to be eaten with, and also be in season if possible. Everything has its own good time on the face of the earth; and vegetables in their peculiar season are more nutritious than when either beforehand or behindhand with their days. In taking up vegetables when fully cooked the principal thing is to prevent them cooling and *soddening*. To avoid this dish them rapidly, and do not put the covers on the dishes until just ready to be taken to the dining-table. The covers press the steam down upon the contents of the dishes, and thus make them damp and humid, instead of crisp and moist.

RECIPES FOR COOKING VEGETABLES, ETC.

Asparagus.—Cut the root part away, leaving about four or five inches of the vegetable; wipe or gently scrape the stalks, and lay them in *cold* water, and tie them in faggots or bundles, letting the ends be even with each other. The best plan is to tie a piece of muslin round them to keep the heads whole, as when these are broken or mangled it quite spoils the look of this vegetable. Have a deep saucepan with *boiling* water and a tablespoonful of salt, lay the asparagus in gently, and boil rapidly for about 15 or 20 minutes, when they will be tender. Take them up with a *flat* spoon, drain, remove the muslin, and string and place them, with heads in the middle, on a slice of toast in a dish. By heads in the middle, we mean put two bundles head to head, the stalks pointing outwards. The toast should be dipped in the water they are boiled in. Serve with melted butter in a tureen or boat.

Beans (broad).—Shell them so as not to crack them more than can be helped, put them into *boiling* water with a heaped tablespoonful of salt, and boil them for 30 minutes. To try them, take one or two on a spoon, and if soft they are done. Strain through a fine sieve. Broad beans should be served with parsley and butter.

French beans.—These go into *boiling* water. The way to prepare them for cooking is to nip off the tops and bottoms, and pull away the stringy portions, slit them into fine even slips, put them for a few minutes into some clean cold water, to remove any grittiness, and add salt and a piece of soda (common washing) the size of a crack-nut with them when boiling. They will take from 15 to 20 minutes. When done enough strain, and serve with melted butter, in a butter-boat.

Haricot beans.—There is another kind of bean called *haricot*; and they might be called *dried beans*, as they are merely French beans dried. They must be *soaked* for many hours; put them in cold water for this purpose the night before they are wanted. Put them into *cold* water when cooking them, with salt, and let them just boil or simmer for from 3 to 4 hours. You can tell when they are done easily, as they will *crack*, and then the water must be poured from them, and the saucepan left on the hob for them to dry. They are sometimes eaten with melted butter, sometimes with gravy, and should have a little pepper and salt shaken over them, and put in their midst a good-sized piece of butter.

Omelet of haricot beans.

—Soak the beans all night, boil them in another water till very tender, add 2 tablespoonfuls of milk, mash them well with it, and rub them through a sieve; add now 1 tablespoonful of olive oil, 2 of fine bread crumbs, $\frac{1}{2}$ oz. of minced parsley, 2 eggs (or 1); mix well; pour the omelet into a greased dish; bake 1 hour in rather a hot oven. Serve with or without brown gravy.

Bean pudding.—Boil about 1 quart of fully ripe, but not old, green beans till soft, skin them, and mash them fine with salt and pepper. Mix them till *smooth*. Add now 2 tablespoonfuls of milk, the *yolks* of two eggs well beaten, spinach may be added. Boil 1 hour in a basin. Serve with parsley sauce over it.

Beetroot.—Wash them very clean, put them in *boiling* salt and water, and boil them fast. In summer they will take about 70 minutes to cook; in winter much longer—3 hours or thereabouts. If to be eaten cold (the most general mode), put them into a basin of *cold* water, then cut them into trim, even slices, lay them in a dish, and pour over them a pickle of cold vinegar, pepper, and salt. Beetroot can also be put into jars or bottles, and covered with cold vinegar for future use.

Broccoli.—This should be trimmed neatly with a knife, docking it of all yellow leaves and decayed stalk. As in the case of cauliflower, broccoli must be well examined, well soaked, and a good deal of salt used in the soaking. Put them into *boiling* water with salt, and they will be done according to their size—a small one taking not more than 10 minutes, a large one nearly $\frac{1}{2}$ an hour.

Carrots.—These are a very nice and digestible vegetable when thoroughly well cooked, but harmful when not. When young they do not need scraping,—merely washing them will do. Put them into *boiling* water and a *little* salt. They should boil *fast* for from 20 to 25 minutes. When done *wipe* them, as this will take off any loose skin or impurities sticking to them, and render them fresh and red looking. *Old* carrots must be *scraped* and well washed. Young carrots can be boiled whole, but old ones will require slitting in halves. Try them with a fork—they should be soft, without being flabby, when fit to take up.

Baked carrots.—Parboil some good carrots, cut them in long slices, season with pepper and salt, put them in a pie-dish with $\frac{1}{4}$ pint of water and 2 ozs. of sweet beef-dripping. Put a thin paste cover on, and bake from 1 to 1 $\frac{1}{2}$ hour.

Carrot pudding.—Scrape and boil 3 large carrots, beat them well; add 1 lb. of broken biscuit or bread crumbs, 2 ozs. each of dissolved dripping and moist sugar, 2 tablespoonfuls of marmalade, a little grated nutmeg, and 2 well-beaten eggs. Bake in a dish lined with paste for about 1 hour if the oven is moderately quick.

Cauliflowers.—These should be white and close-set, and as insects find a too safe hiding-place in them, they must be neatly divided so as to dislodge them. Wash the vegetable in 3 waters at least, with plenty of salt, and let it soak also in water and salt for $\frac{1}{2}$ an hour or an hour. Put it into *boiling* water with salt; it is done when the fork goes easily into the stalk. Drain it after taking it up *very* carefully with a slice, or vegetable

spoon of wire. Serve with sauce in a boat. If the cauliflower is to be boiled and served *whole*, take great care to wash it very many times, and soak it also a greater length of time than as though they were divided, because of the insects.

Celery.—This wants very carefully attending to, as it is a great ornament to one's dinner or supper table when arranged prettily, and, as it should be, white as snow save for the delicate green-hued tops. Wash the roots well, and take away all yellow leaves, etc., from them, also any specks on the upper parts of the stalks. With a not too sharp knife split your "head" of celery *lengthwise* into *four* parts, and *curl* your top leaves by passing the knife gently but rapidly up them, as though you were curling a feather. Put it, roots downwards, into a celery glass about $\frac{3}{4}$ full of clear, cold, spring water.

Cucumbers.—These are usually eaten cold, and as a salad. Pare them carefully and slip them into thin slips with a sharp knife, remembering to cut from the *thick* end. Cut them into the dish they are to be served in, with a teaspoonful (small) of best vinegar, 2 or 3 tablespoonfuls of *good* salad oil, putting this to taste, as it is a condiment much disliked, when used largely in salads, by many persons; add pepper and salt. We emphasize the goodness of the vinegar and oil, as many a salad prepared by the most careful and striving-hard-to-please pair of hands, has been utterly spoiled by these being stale and rancid. Use the finest Linseed oil.

Baked cucumbers.—Pare thinly two good cucumbers, one only if very large; remove the

seeds, cover it with salt, and put it to drain for 2 hours on a sieve; sprinkle with pepper, put it in a dish with an onion finely shred, $\frac{1}{2}$ oz. of dripping or butter, and $\frac{1}{2}$ oz. of soaked tapioca. Bake in a hot oven for $1\frac{1}{2}$ hour.

Greens, such as cabbage, etc., will tell for themselves when they are fresh by their crispness. In preparing them for boiling they should be thoroughly examined all about the root part and small inner leaves, where creeping things "most do congregate." Use plenty of water to wash them in, and let it be in a large pan, so that they can be entirely covered. Put a teaspoonful of salt in the water, for insects will not remain in anything with salt in it if they can avoid it.

Let the water quite boil when the greens are put in, and *keep it boiling*. Put a little piece of soda with them (common washing soda); it—if you do not put too much—gives them a nice, fresh, green colour. Brownish-looking greens are very ugly to look at. Boil greens until the *stalk* is soft; they are then done. They will also get *smaller* and fall to the bottom of the saucepan when almost boiled enough. Be careful that the greens are very thoroughly strained; it is *not* inviting to see them swimming in green water in one's vegetable dishes.

A pudding of herbs (cheap and savoury).—Take a breakfast-eupful each of parsley, onions, spinach, and beetroot, after having scalded them and chopped them fine; soak for 30 minutes a quart of groats in warm water; add them to the herbs, together with 3 large onions, a few sage leaves all chopped very small, $\frac{3}{4}$ lb. of good lard, a teaspoonful of salt. Tie it rather closely in a cloth and boil 3 hours.

Horseradish.—This must be

scrubbed with a brush and then washed ; it should look very white and nice, and all brown specks, etc., must be cut out. Lay it in cold water for an hour or thereabouts, and then scrape it into five narrow ribbon-like shreds with a knife. It is served on a pretty dish—glass usually—and used to garnish boiled fish (some kinds of) and roast beef.

Stewed lettuce.—The lettuce makes an excellent dinner vegetable, otherwise than as a salad. Pick the vegetable over and wash it well, boil in rather strong salt and water till soft ; drain ; put in cold water for 20 minutes. Chop them up, put them in a saucepan with 1 oz. of butter or dripping, pepper, salt, 3 tablespoonfuls of milk. Stir continuously till it boils.

Marrow pie with celery.—Pare, and cut into thin pieces, a vegetable marrow, 2 or 3 roots of celery, and a large onion ; dredge with salt, pepper, and flour, add a tablespoonful of tapioca, soaked in $\frac{1}{4}$ pint of cold water, 1 oz. of butter. Put all these into a pie-dish, make a paste lid, and bake in a quick oven $1\frac{1}{2}$ hour.

Vegetable marrow.—These if large will need cutting into 4 pieces, first slicing them right down the middle from end to end, and again cutting these in halves. Peel them thinly, and it is quite optional, and according to the eater's taste, whether the seeds remain in or not. Put them into boiling water, and salt (a tablespoonful), boiling them from 10 to 20 minutes, being guided in this by their size. Serve them on toast, or they may be *mashed* (see Turnips), and if so the addition of a little chopped lemon-peel is an improvement ; or serve them

with melted butter poured over them.

Mushrooms.—These can be dressed, as indeed can most vegetables, in several different ways. The lower part of the stem must be removed, and they must be peeled. Do them for ordinary purposes as follows : Put them, with a little salt, into a saucepan with water just covering them ; when soft add butter, pepper, salt, and serve on buttered toast. Stewed, they must be treated thus : Get the little round mushrooms, called *buttons*, and wipe them dry, white, and clean, with a damp cloth ; put them into a saucepan with a little cold water, and let them boil *gently* for from 15 to 18 minutes. Now put a little salt, flour, and butter, so that the liquor becomes rather thick ; let it boil for 6 or 7 minutes. After this, and when you are serving it up, put in either the well-beaten yolk of an egg or a small cupful of cream ; hold it over the fire shaking it but not letting it boil and then serve.

Baked mushrooms.—Peel large mushrooms, cut them into 4 pieces each, pare and slice an equal quantity of potatoes ; put all in a dish with a teacupful of water, and 2 oz. of dripping or butter, pepper, salt ; put on a paste lid ; bake for $1\frac{1}{2}$ hour. Put the trimmings of the mushrooms into water, simmer them for 20 minutes, strain and pour the liquor into the dish just before sending to table.

Mushroom pudding.—In his travels the artisan often can eul for himself this delicate morsel ; to buy they are nearly always dear. Rub 2 oz. of butter into $\frac{1}{2}$ lb. bread-crumbs, season with pepper and salt and enough water to well moisten, but not to soak

the bread. Add 1 pint of mushrooms cut into pieces; line a basin with paste, fill in the mixture, cover, tie in a well-floured cloth, boil $1\frac{1}{2}$ hour. This may be *baked*.

Onions.—This is a most useful vegetable. The white kind is considered better than any for cooking purposes. To boil a dish of these to perfection for the table, peel them and put them into *boiling milk with a little salt*, boiling them from 30 to 50 minutes. Try them gently with a fork so as not to break them. Serve with melted butter.

Onion pudding.—Peel and halve 1 lb. of onions, boil them 10 minutes, drain them on a sieve or cloth, chop them, adding in 2 oz. of fresh young sage leaves, $1\frac{1}{4}$ oz. of parsley, $1\frac{1}{2}$ oz. of butter or perfectly fresh dripping; season with salt, pepper, line a basin with paste, fill with the prepared mixture, tie tightly in a cloth, boil $1\frac{1}{2}$ hour. Serve with brown gravy or sauce.

Parsnips.—These are dressed in precisely the same way as carrots.

Pease.—These are sometimes shelled overnight, or some time before they are to be cooked; but it is not a good plan,—they should be put into the saucepan directly they are shelled. Use *boiling water*, with a trifle of salt and a sprig of mint, but you must not add *soda* in this case. From 15 to 20 minutes is the time they will take to boil, but this is not so much a rule as their *age*, old peas taking a longer time than young ones. Strain these through a hair sieve and gently, so that they do not get battered about. Pour *half* of the peas into the vegetable dish first, then put

a lump of sweet butter the size of a walnut, and then the rest of the peas. (The sprig of mint need not be taken from the dish they are served in.)

Potatoes.—To form a really nice dish of these let them be of almost uniform size if possible. It is usual to *pare* potatoes *before* boiling them, but some prefer them merely well washed and pared afterwards, *when* boiled. Put them into *cold* water, and not too much of it—about enough to cover them—with a teaspoonful of salt. Do not let the water gallop, or they will crack and come to pieces before they are done. Try them, as gently as possible, with a fork, and if it enters the skin easily they are done. Pour the water off, and let them stand, covered with a cloth, on the very hottest part of the stove—without burning the saucepan—when they will get dry, and, if good potatoes, mealy also.

Potato balls.—Boil good sound potatoes, dry them on a cloth, beat them to a pulp, add pepper, salt, 2 tablespoonfuls of milk, $\frac{1}{4}$ oz. dripping. Mix well. Form into small balls with a little flour, fry them, or brown them with a little dripping in a Dutch oven.

Potato chips.—Peel and wash several good firm potatoes, cut them into narrow thin slips. Have ready some hot dripping in a frying pan, put in the slips and fry them of a gold-brown colour. Serve them in pyramid shape on a dish.

Potatoes, fried.—This is a capital way of warming potatoes left from dinner. They must be cold and cut up into small pieces with pepper and salt. Put them into the pan, and constantly turn

them over and over with a fork until brown.

Rice.—This is so often used as a vegetable, and, like the onion, is such an exceedingly *useful* kind of food, that it will not be out of place in this chapter. First of all look the rice well over and take away all the bits of stone, stick, etc., that will be found in even the *best* rice occasionally. Get *best* rice *always*,—the best is, literally as well as metaphorically, the *cheapest* here, as it is but three-pence or fourpence per pound. Wash it in *cold* water, and to, say, $\frac{1}{2}$ pint of rice, put 3 pints of *boiling* water and about a teaspoonful of salt. Let it “boil up,” and then let it *continue to boil for 8 minutes*. Drain the rice now of *all* water, and let it stand on the hot plate, or on the top of a hot oven, to *steam*. It will not burn, and the steaming takes about 10 minutes

Seakale.—This can be cooked in exactly the same way as asparagus.

Spinach.—Pick spinach well over and take away all unsightly leaves and stalks. Wash in 3 or 4 waters, as it is almost sure to be gritty. Drain the water from it and put it into a *large* saucepan,—it requires plenty of room,—with a good bit of salt and about enough water to cover it, and *no more*. Keep it below the water with a wooden spoon, adding more occasionally, so that the pan shall not be burned. It takes from 10 to 15 minutes to cook. When done you may chop it up very finely, and adding 1 oz. of butter, pepper, and salt, put it back into the pan and stir or shake it over the fire until very hot; others merely squeeze it perfectly dry and cut it into neat

squares on the dish it is to be sent to table in. In the former way it should have eggs poached, laid on the top, or sippets of bread placed round.

Tomatoes.—*Boiling* water will loosen the skins of these; let them remain in it 5 or 6 minutes, peel them, put them in a saucepan, and let them *stew* for from 30 to 35 minutes; put in the pan a teaspoonful of salt and a piece of butter, the size of a walnut. Butter some nice slices of toast,—one or two, according to the number of tomatoes,—and pour your stew upon them. Cook *slowly*.

Turnips.—These should not be peeled too thinly, as often there is, unless they are very good ones indeed, a yellowish thick covering underneath the outside rind, of nearly a $\frac{1}{4}$ of an inch deep. They should be cut into neat quarters and boiled for from 25 to 30 minutes with a tablespoonful of salt. When they are done they are soft; you must try them with a fork. Let them drain well. To serve them they are either mashed with a little butter, salt, and pepper, or are arranged neatly in a dish, and eaten with melted butter. Mashed with cream is also a nice way of preparing them. They must be put into *boiling* water.

Turnip pie.—Pare thickly good sound, not stringy, turnips, dredge them with pepper, salt, and flour, add $\frac{1}{4}$ lb. of chopped par-boiled onions and 1 oz. of sweet dripping or butter. Put them in a pie-dish with 3 tablespoonfuls of water, cover with paste, bake for $1\frac{1}{2}$ hour,—longer if the pie is a large one.

Family dish of vegetables.—Collect the remains of cold pota-

toes; there should be a good quantity, so they should be saved from several dinners when this dish is in view. Beat the potatoes well together, mashing them with a wooden spoon, beat up 1 or 2 eggs, or more, into 1 pint of milk; stir it into the vegetable, season with sugar and a little spice, or with salt and pepper; in the latter case, serve with gravy.

Mixed vegetable pie.—Cut vegetables, of almost any kind, into pieces, put them in a saucepan with 2 oz. of dripping, or butter, and 2 tablespoonfuls of water. When nearly done, cover with paste, and bake it from 1 to 1½ hour.

Savoury vegetable pie.—Melt some dripping, or butter, in a pie-dish, put in some cut mushrooms (these may be omitted), chopped onion and sage (3 oz.), 3 hard-boiled eggs, cut up, 2½ oz. of soaked tapioca, add seasoning,

a little dripping or butter, cover with paste, bake for 1 hour.

Salsify.—We have reserved this vegetable, sometimes called the *oyster* of vegetables, until the last, as it is one not *very* much used. It must be washed well, and made to look exceedingly *white* by scraping; then put it into water with a dash of vinegar in it,—some use lemon-juice. Let it stay therein for 5 minutes, and then put it into a saucepan of *boiling* water with an egg-cupful of vinegar, a saltspoonful of salt, and a *large* piece of sweet butter (2 to 2½ ozs.). When nice and soft (trying it with a fork), drain it, divide into rather short pieces, and put it back into the pan with about 3 to 3½ *more* ozs. of butter, shake a little pepper and salt over it, and pour 2 tablespoonfuls of *white sauce* in. Hold the saucepan, shaking it, over the fire to get *very hot*. Serve with sippets of toasted bread.

CHAPTER XIII.

HOW TO COOK EGGS.

EGGS are a most nutritious food. Often the artisan possesses quite a little fortune in the way of good laying fowls. He can occasionally then have a treat of eggs according to the following recipes. Where eggs are plentiful, puddings can be made of a nourishing description, and will cost little. It will be policy on the part of the housewife, on a small scale, to reserve eggs for the use of her family now and then.

Baked eggs.—Beat some eggs well; allow to each egg 2 table-

spoonfuls of milk, add a little chopped parsley, pepper, salt; melt butter in a dish according to the number of eggs, pour in the latter, bake for 5 or 6 minutes in a quick oven. Bake on rather a flat dish.

Boiling eggs.—To *boil* an egg, put it either into quite cold, or boiling water. In *cold* water boil them 3 minutes, in *boiling* water 3½ to 4 minutes.

Fried eggs.—Melt some sweet fresh dripping in a frying-pan; when very hot put in carefully broken eggs, 3 at a time; fry of

a pretty dark gold colour; serve with or without brown sauce.

Fried eggs in paste.—Boil 6 eggs $4\frac{1}{2}$ minutes, put them to cool in cold water, remove the shells carefully, fold each egg into a piece of nice paste, brush them over with egg, dredge breadcrumbs over them; fry them in *hot* dripping or butter of a pale brown. Serve with or without brown sauce.

Poached eggs.—Pour into a deep, broad stewpan some boiling water; stand it over the fire with a dessert-spoonful of salt, and a tablespoonful of vinegar. Skim the water if necessary; take the pan off the fire; slide, *one by one*, the eggs to be poached into the

water; cover the stewpan closely, place it over the fire, and the eggs will be done when the whites are set nicely; lift them out with a slice, run a knife round the ragged edges, lay the eggs on squares of buttered or unbuttered toast.

To preserve eggs.—Boil fresh-laid eggs $1\frac{1}{2}$ minute, put them aside in brau or sawdust. When required to cook, boil them the proper period, there will be no perceptible difference in them.

To preserve eggs for the winter.—Put the eggs carefully in a large, deep, earthen vessel, with lime water to cover them, and $\frac{1}{2}$ lb. of salt in it. They will keep covered with salt merely.

CHAPTER XIV.

THE PUDDING CLOTH.—HOW TO MAKE A PUDDING.

The cloth in which a pudding is to be boiled must not be washed in soap and water, unless with Hudson's *extract of soap*, which leaves no smell. Ordinary cleaning soap, unless particularly well rinsed out from the cloth, which one cannot always be sure of unless one's own hands wash it, will often give a disagreeable taste to the paste of the pudding. Let the cloth be perfectly well washed and rinsed in *several waters*, and hung out in the open air after it had been used, and let it be thoroughly dried before folding it and putting it away, or it will smell musty. All this is very important to recollect when puddings are to be made, as they will not be good nor look well if they are cooked in an unclean cloth.

Dip the cloth in boiling water, and sprinkle it well with flour from the dredger. Have your water in readiness on the fire *before* you commence to make your pudding, as it will go on heating while you are making it. Get all your working materials close

beside you so that there be no running about after this and that with your hands "all paste," and dropping flour about wherever you go. You will want first a clean cloth spread upon your table halfway, and if it is to be a **meat** pudding, the salt jar, and pepper dredge; also put a sharp knife to cut your suet with (unless you have a suet chopper), a suet board, paste-board, jug of water, pan of flour, pudding cloth, and string. On yourself put a clean white apron with bib and pastry sleeves, and let your hands be very clean indeed. Chop your suet up as small as possible. Nothing is more disagreeable in pudding paste than to see and to taste great lumps of uncut suet. Put the suet aside, and placing the meat on the board cut it into small pieces about an inch, or an inch and a quarter square, pepper it, salt it, and flour it well, and put it also aside. Let your board be smooth and **cold**; a piece of slate or marble is better than anything else to make paste

upon. The quantity of water to be used in wotting the pasto cannot be stated here, as you must use it according to the quantity of flour to be made up. It will guide you however to know that more than enough water will make it heavy and hard, and not enough will render it dry and "crumbly." So that the water must be added gradually to the flour, when you will discover when there is sufficient without much difficulty. It is however only by constantly making puddings and pastry that you will attain perfection in the art of mixing pasto to a nicety. It should be made as quickly as possible, and not handled more than is absolutely necessary. Some persons use a wooden spoon in making pasto, etc., but the hands are the proper machinery for this work.

Roll out your paste, which should be smooth and free from suet lumps, and look of a good white colour, or sometimes, when it is to be made extra rich, and butter has also been used in its manufacture, it will bear a pale creamy hue. Lay the paste on a plate or saucer, and fill it with alternate layers of meat and sprinklings of flour—flour will make the gravy rich and good; gather the paste up in your hands to form a wall round the meat, pinching off the extra portion at the top. Roll out this extra piece, make it into a *lid*, lay it on the top of the meat and pinch its edge and the edge of the other round the meat tightly together, using a drop or two of water if they will not stiek well without. Stand the pudding and saucer or plate in the middle of a floured and wet cloth (as directed just now), pull the cloth up tightly all round, and tie at the mouth of the pudding securely with rather fine string. Plunge it at once in *boiling* water, and keep it constantly boiling until it is done. Keep it also covered well with water, adding more as it boils away. Put it into a pan of *cold*

water for a moment merely when you take it up, and this will prevent it from adhering to the cloth. Keep moving the pudding about, turning it round occasionally, so that all parts shall be done through thoroughly. Some persons boil their puddings in a *basin*, some in the cloth merely without the saucer, and in the latter case a small plate should be placed at the bottom of the pot, or it may stiek to the bottom, or burn. Grease the basin or saucer before putting the pudding in.

Beefsteak pudding is made in precisely the same way, but has rather elaborate flavourings, which vary however. A good one would have a dozen oysters, half a tea-spoonful of mushroom ketchup, a sprinkling of cayenne, and a tea-spoonful of the pickle of young onions.

Puddings are also made merely *rolled up*, with jam, etc., enclosed within them, and these are called *rolley-poleys*, or *bolsters*. Roll out some paste, spread it with jam, or any preserve you like, then roll it up again, tie it in a cloth and boil it, or it is equally good put just as it is in the oven and *baked*. Do not put your jam too near the edges of the paste.

Meat puddings will take three quarters of an hour's steady boiling to every pound weight they make. Fresh fruit puddings take a similar time, and good rich plum puddings require double.

RECIPES FOR COOKING PUDDINGS, ETC.

A nice apple pudding.—Arrange alternate layers of apples (good cooking) nicely sliced and cored, and thin slices of bread soaked in skim milk, and put a sprinkling of sugar between each. Pour simple melted butter over it when serving.

Nourishing arrowroot pudding.—Mix smoothly in milk 2 oz. of arrowroot, add 1 pint of *boiling* milk, put it upon the fire, stirring continuously till it boils; let it cool, and then mix into it 2 well-beaten eggs, chips of lemon peel, and sugar. Bake till gold-coloured in a fairly quick oven.

Bakewell pudding.—Line a deep dish with paste, and put an inch-thick layer of household or other jam or preserve upon it. Beat up a packet of eustard powder into milk with a little flour, sugar, and a few drops of flavouring, till it is as thick as rich cream; place this on the jam, and bake all in a quick oven.

Batter pudding does not need a crust. Beat a couple of eggs well, and put them in a large cupful of milk, add a saltspoonful of salt and enough flour to form a stiff mixture. Smooth it with a wooden spoon, and make it *thinner* with another large cupful of milk (there should be a pint in all). Boil for 1½ hour, or bake it; either way is very nice. This pudding can be mixed with fresh fruit. *Sago, rice, and tapioca puddings* may be called *liquid puddings* very well. The grains are first swelled in milk, either over the fire, or by letting them stand soaking for an hour in *cold* milk. When thus prepared, add well-beaten eggs, a little butter, sugar, mixed spice, and any other flavouring liked. Pour this mixture *quickly* into a well-floured cloth that has been previously plunged into boiling water, tie it up, and put it directly into a saucepan of boiling water. Whilst pouring the pudding in, lay the cloth inside a basin, you could not manage it were it spread out straight on the table, as for a more solid pudding. Sweet puddings usually have some kind of

sauce poured over them when sent to table, and rich plum puddings often have one composed of beaten cream and brandy.

Minced beef pudding.—Mince remains of cold roast beef; add pepper, salt, a dessertspoonful of flour, a slice or two of fried bacon, 2 hard-boiled eggs cut up. Fill your pudding, and boil for 1½ hour. Any sized pudding can be made in this way.

Biscuit pudding.—Pour upon ½ lb. of broken biscuits grated 1½ pint of boiling skim milk. Let it get cold, when put a dessertspoonful of powdered loaf sugar, a teaspoonful of flour, some powdered mace, etc., a well-beaten egg, ¼ teaspoonful of salt into it, and mix well with the rest. Grease a basin, dredge it with flour, fill it with the pudding, tie it up securely, and boil it 1 hour. Sift some sugar over it, and eat with or without simple melted butter.

Bread pudding.—Of course you save in the most rigid manner *all* your crusts and stale pieces of bread, having a pan with a cover on purpose to put them in. Cut the pieces or break them into little bits when you have collected sufficient, and pour over them as much quite boiling milk as they will soak up nicely. Cover over closely, let it cool, and then beat up the bread with a wooden spoon, add eggs or egg-powder, put into a cloth floured and wet, and boil in plenty of water to cover it for 1½ hour. Keep it boiling, and serve it by carefully turning it out of the cloth, and covering it with sweet sauce of some kind.

An easy bread pudding.—Make a hole in the bottom of a loaf of good white bread, pour in

milk till it will hold no more, tie it in a cloth, boil 1 hour. Serve with sauce.

Bread and butter pudding is made by simply soaking thin slices of bread and butter for an hour or two in a mixture of beaten eggs, milk, sugar, and a sprinkling of nutmeg. Puff paste can be put round the rim of the dish or not, just as you please.

Bread pudding, baked.—Soak bread in hot water, and drain and squeeze it as dry as possible; the best way to do this is to put it into a piece of thick muslin, and gathering the ends together tightly, press it with the hands or a wooden spoon till the moisture ceases to run from it, for if it is too wet, it will make the pudding tough and unpalatable. Add to the mashed bread a teaspoonful of powdered ginger, $\frac{1}{2}$ a nutmeg grated, a little salt and sugar, according to the amount of bread soaked, and a few clean, well-picked-over currants. Grease a dish, lay in the pudding, put a few small pieces of butter or good dripping on the top, and put it in the oven at once. Many like this cold for tea, instead of cake.

Carrot pudding.—Get a few good sound carrots, wash and scrape them nicely, mix them with $\frac{1}{2}$ lb. breadcrumbs; over this mixture pour $\frac{3}{4}$ pint of *boiling* milk. Let it get cold, when add sugar, nutmeg, salt, an egg or two; bake for 1 hour in a dish lined with paste.

Another cheap pudding.—Mix together, in $\frac{1}{2}$ pint of milk, 4 oz. each of chopped suet, flour, currants, raisins, breadcrumbs, and 2 tablespoonfuls of golden syrup. Boil in a basin or mould for 3 hours.

Cheap pudding.—Cover 2 tablespoonfuls of good rice in a saucepan with water, boil till soft, add $\frac{1}{4}$ teaspoonful of salt, and let it stand aside on the hob till the rice is dry and tender. Put it in a dish, together with 4 tablespoonfuls of tapioca, 2 oz. butter, sugar, nutmeg, an egg well beaten up, $1\frac{1}{2}$ pint of milk. Stir these ingredients thoroughly well together, and bake for 1 hour.

Baked chicken pudding.—Put into a saucepan that will hold them nicely, with enough water to cover them, two young chickens cut into pieces. Add pepper, salt, 1 oz. of butter, $\frac{1}{4}$ teaspoonful each of mace and nutmeg. Stew them as gently as possible, and when about half done, lift them out and put them by to cool. Make a batter with 1 lb. of flour, 1 quart of milk, and 3 eggs, beaten well and added slowly to the mixture. Put alternate layers of chicken and batter in a pie-dish, having a chicken-layer at the bottom and a batter one at the top. Bake till brown. Serve with the liquor the chickens were boiled with in a boat.

Cornflour pudding.—Mix smoothly 2 oz. of corn-flour into a little milk; put the remainder of the pint of milk in a saucepan, with 1 oz. of sugar; let these *almost* boil, when pour the cold milk and corn-flour into it. Let it boil for 3 or 4 minutes *after* it thickens, stirring continuously. Pour the pudding into a mould, or earthenware deep piedish that has had cold water standing in it; when quite cold, turn it out. Serve alone, or with stewed fruit, etc.

Custard pudding.—Beat 3 eggs and $2\frac{1}{2}$ oz. of sugar well together; then add $\frac{1}{2}$ pint of milk, some nutmeg, and pour the mix-

ture into a greased piedish, together with $\frac{1}{2}$ oz. of butter. Put it as gently as possible into the oven, and bake for 20 minutes. It is thought an improvement by some to put a piece of dry toast at the bottom of the dish, and a lining of the same round the sides.

A delicious pudding.—Grease a deep pudding dish, line it at the top and sides with thin slices of bread; put in a layer of cut apples, pears, or any fruit you like; sprinkle it with sugar; do this alternately with fruit, bread, and sugar till the dish is full. Pour a teaspoonful of essence of lemon into some water, and fill the dish. Bake for 4 hours. Serve with a thin layer of jam on the surface.

Fish pudding.—Make an ordinary paste; cut some fish into small pieces (any sort), season with pepper and salt in a basin; add $\frac{1}{4}$ pint of water, and a little fish sauce (not indispensable); put the mixture into your pudding, close it up, and boil 1 hour.

Ginger pudding.—Chop 6 oz. of good suet as finely as possible, mix with it 6 oz. of flour, 6 oz. of moist sugar, a heaped teaspoonful of ginger, $\frac{1}{4}$ teaspoonful of salt. Add no water or other moisture. Stir well together, and press into a mould or basin very tightly. Boil for 3 hours. Serve with sauce or otherwise.

Gingerbread pudding.—Mix together $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. golden syrup, 6 ozs. well-chopped suet, $\frac{1}{4}$ pint milk, 1 teaspoonful carbonate soda. Boil in a mould or pudding basin for 2 hours. Serve with or without sauce.

Boiled lemon pudding.—Chop fine $\frac{1}{4}$ lb. of good fresh suet, add $\frac{1}{2}$ lb. breadcrumbs, the juice of

a lemon strained, 2 well-beaten eggs, sugar, and the rind of the lemon grated. Mix these thoroughly together. Boil 1 hour in a greased mould, serve with simple sweet sauce, in which are a few drops of essence of lemon.

Nice light pudding.—Beat up 6 ozs. flour, the same of butter or dripping, and powdered sugar, the rind of a lemon chopped up very small. Beat these ingredients together with 2 eggs for 10 minutes. Bake in a moderate oven in a greased dish.

Macaroni pudding.—Put $\frac{1}{4}$ lb. of broken-up macaroni into a pan of hot water, let it boil 20 minutes. Drain off the water, and add 1 pint milk, 2 oz. moist sugar, $\frac{1}{4}$ oz. dripping, a little seasoning; simmer for $\frac{1}{4}$ hour, longer if the macaroni is not then tender. Let it cool. Beat up an egg, stir it into the rest of the ingredients, pour into a greased deep dish, bake of a light gold brown.

Mackerel pudding.—Fresh herrings may also be done in this way. Prepare 4 mackerel without the heads, cut them into 16 portions, leaving the roe in, season with pepper, salt, chopped onion, and fennel, add $\frac{1}{4}$ pint of water; boil 1 hour, and serve with fennel sauce. Eels make nice puddings; cut them in long slices, and proceed as for other fish puddings.

Pudding of Australian meat.—Mince 1 lb. of Australian meat, and mix it with herbs and seasoning; get together any cold vegetables you may have, or if not cook a few, mash them fine, and stir them with the meat; fill your pudding with the mixture, and before closing it up put in 2 tablespoonfuls of gravy thickened with flour. This is a capital and

digestible pudding for old people and children. Boil $1\frac{1}{2}$ hour. Crust must not be too thick.

Breast of mutton pudding.

—Breasts of mutton can be got at a very low price frequently. Take out the large bones, cut it up, season with pepper and salt. Make some veal stuffing, and lay it and the meat in alternate layers in the pudding, allowing $\frac{1}{4}$ pint of water to every pound of meat. Boil $1\frac{1}{2}$ hour. When serving pour a little simple melted butter with chopped parsley in it over the pudding.

Pease pudding.—Into a cloth put 1 quart of split peas, tie it loosely, boil for $2\frac{1}{4}$ hours in a saucepan of water (put them in cold water). Rub them through a coarse sieve into a dish, stir in 1 teaspoonful of salt, 1 oz. of butter, a few grains of cayenne. Tie up the pudding again in a floured cloth as tightly as possible, and boil for 1 hour more.

Baked plum pudding.—Mix together $\frac{3}{4}$ lb. of flour with $\frac{1}{4}$ lb. of dripping, $\frac{1}{2}$ lb. of raisins, and 1 pint of milk. Grease a dish, and turn the mixture, which should be stiff, into it. Bake slowly for $1\frac{1}{2}$ hour.

Common plum pudding is made by mixing well together equal quantities of suet (well chopped), currants (well washed and picked), flour, a pennyworth of mixed spice, two eggs, or a packet of egg or baking powder, with just enough water to form a light, moist paste. Boil well for about $1\frac{1}{4}$ hour.

Good plum pudding.— $\frac{1}{2}$ lb. each of breadcrumbs and flour, 1 lb. each of currants well picked over, washed and dried, and raisins stoned and chopped; the peel of a lemon minced, 1 oz. of butter,

2 oz. sweet almonds blanched and cut, $1\frac{1}{2}$ of mixed spice, 6 oz. chopped candied peel, 4 well-beaten eggs, 1 teaspoonful of salt, 2 of sugar, $\frac{1}{4}$ pint of brandy or rum. Mix very thoroughly together with as much milk as will make it a stiff pudding. Boil in a cloth or melon-shaped mould for 8 hours.

Pork pudding.—Take 2 lbs. (or 1 lb.) of lean pork—pieces or trimmings will do excellently—cut them in slices, season with chopped sage, salt, pepper, roll the pieces of pork up (with the stuffing inside), add potatoes, onions, 1 apple, all sliced, and a gill of water. Boil for $1\frac{1}{2}$ hour.

Potato pudding.—Boil 1 lb. of potatoes, and run them while hot through a sieve, add to this about 2 oz. of melted dripping or butter, and the well-beaten yolk of 1 egg when the mixture is cool. Put in the juice and grated rind of a lemon, 1 oz. of sugar, $\frac{1}{4}$ teaspoonful of salt. Bake in a greased tin $\frac{1}{2}$ hour in a good oven. Turn out of the dish to serve.

Family rabbit pudding.—Cut a nice tender rabbit into about 20 trim portions, and slice thin $\frac{1}{4}$ lb. of streaky bacon, season. Slice ten potatoes and 4 onions, add them with $\frac{1}{2}$ pint of cold water to the meat. Fill your pudding with the mixture. Boiled rice previously soaked may be used instead of the potatoes. Boil for 2 hours, longer if the pudding is a very large one.

Railway pudding.—Mix together 10 oz. each of suet chopped well, flour, sugar, currants, raisins, 5 oz. each of potatoes and carrots mashed, 1 grated nutmeg, 2 oz. of cut candied orange peel. Stir these well, boil in a basin, mould, or cloth for 4 hours.

Rhubarb pudding.—Line a pie-dish with paste, cut rhubarb enough to fill it into small dice-like pieces, and put them in a saucepan without water. Let this boil, covered closely, till the fruit has become a pulp, add sugar, and about $\frac{1}{2}$ lb. of fine breadcrumbs or biscuit powder, 2 eggs well beaten (these may be omitted), flavouring, and the juice of 1 lemon. Put this mixture in the dish, and bake in a rather hot oven.

Rhubarb and prune pudding.—Make as in the preceding recipe, but add also prunes that have been stewed for about 1 hour. The mixture is very pleasant.

Rice pudding, baked.—Put a cupful of best rice into a baking dish, and cover it with cold milk, adding a good-sized piece of butter. In 1 hour's time fill up the dish with milk, add sugar and nutmeg, and bake in a quick oven.

Custard rice pudding.—Put a liberal $\frac{1}{2}$ teacupful of rice into a pie-dish holding 3 pints, together with $\frac{1}{4}$ of a nutmeg grated, and 2 heaped tablespoonfuls of moist sugar. Over all pour 1 quart of milk (skim will do), bake slowly for nearly 3 hours. This is to be eaten as custard with preserve, etc.

Rice pudding with bread.—Soak $\frac{1}{4}$ lb. of rice all night. In the morning soak thin slices of bread for 1 hour in cold milk or milk and water, lay it on a sieve to drain, then mash it to a pulp, mix it with the rice, a little salt, and a well-beaten egg: flour a cloth, put in the pudding and tie it securely, leaving room for it to swell. Boil 1 hour. Serve with or without any simple sauce.

A savoury pudding can be made of a sheep's head, trotters,

and tongue, cooked, and cut into appropriate pieces, and flavoured with a pickled walnut or two minced; put into an ordinary paste, and boil well for $1\frac{1}{2}$ hour.

Skirt and kidney pudding.—Beefsteak is too often tough, skirt and kidney are nearly always tender. Skin the skirt, cut it together with the kidney into neat trim pieces, and make as an ordinary filling for a pudding. Boil well.

Tapioca pudding.—Put a small teacupful of tapioca into $\frac{1}{4}$ pint of cold milk to soak for 1 hour (water may be used), add the remainder of a quart of milk, $\frac{1}{2}$ oz. of dripping, or melted suet, 1 oz. of moist sugar, a little nutmeg and salt. Boil for $\frac{1}{2}$ an hour. Let it cool a little, mix a few drops of essence of lemon or noyau well with the pudding, pour it into a greased dish, and bake for $\frac{1}{2}$ an hour. It should look a pretty gold colour when done.

Treacle pudding.—Mix together $\frac{1}{4}$ lb. finely-chopped suet, $\frac{1}{4}$ lb. flour, a dessert-spoonful of minced lemon peel, a teacupful of treacle; mix these to a batter with 2 eggs well whisked in $\frac{1}{2}$ a teacupful of milk. Put the mixture into a cloth, and boil 3 hours. Serve with sifted sugar over the top.

Another treacle pudding.—Line a greased basin with thin paste, and also roll out about 8 thin layers of paste to fit into the basin, put paste and treacle or golden syrup layers alternately, squeezing on each some lemon juice. Boil in a cloth for 1 hour. Serve with treacle or syrup over the pudding.

Yorkshire pudding.—Put $\frac{1}{4}$ lb. of flour and a $\frac{1}{4}$ teaspoonful

of salt into a vessel, and add to these a well-beaten egg. Mix these 3 things thoroughly together with a wooden spoon, then pour in gradually $\frac{1}{2}$ pint of milk, con-

tinually beating up the batter. Pour into a well-greased baking dish or tin, and bake for $\frac{1}{2}$ an hour. May be eaten as it is, or served with roast or baked meat.

CHAPTER XV.

PIES, TARTS, ETC.

THESE articles of food are a most welcome addition to our lists of more solid foods, such as meats. They relieve the monotony of the latter, and are in no wise to be condemned if only they are thoroughly well cooked, and also eaten at the proper time. Puddings are usually *boiled*, but they are sometimes baked. Pies cannot be boiled. Pies and tarts differ very slightly in their composition, the latter being for the most part of a lighter, "airier" description than the former. They can be made with or without covers or lids, and tartlets are, in reality, little tarts. Suet is nearly always the fat ingredient in puddings, on account of its more binding qualities, it *holding the paste together* in a firmer manner than softer fats. Lard, dripping, and butter are the general fats employed in pie and tart making,—suet rarely, unless *melted*.

Never let a pudding go off the boil,—that is, cease boiling after it once begins to boil,—if so, soddenness and heaviness will be the result. In pie and tart-making first see to the state of the oven, and if this is not favourable do not attempt to bake. Specified times are usually given with recipes for baking, as in those for other cookery; but a good deal must necessarily be left to the cook's own judgment, and a little

experience will soon show whether the baking is really done, even though it may or may not have been in the oven precisely "to time."

RECIPES FOR COOKING PIES, TARTS, ETC.

Apple dumplings.—Pare good baking apples, cut them in halves, core them—putting sugar in the space where the cores were; put the halves together; put them in a ease of paste, put each one in a floured cloth, and boil about $\frac{3}{4}$ of an hour.

Apple fritters.—Mix a batter of 4 oz. of flour, $\frac{1}{2}$ pint of milk, 3 eggs, $\frac{1}{4}$ teaspoonful of salt, chop small $1\frac{1}{2}$ oz. of pared and cored apples, and allow a spoonful of apple to each fritter, brown them lightly on both sides, sift powdered sugar over them.

Apple pie.—Pare good cooking apples, core them, quarter them, slice them smaller if liked thus, put them in your pie with 6 cloves, 1 teaspoonful of chipped orange peel, or the same of lemon-juice; boil $1\frac{1}{2}$ hour.

Dutch apple pie.—Cut and core good baking apples, cut them in thin slices, put them at the bottom of a pie-dish with some lemon-juice and sugar; on these put a layer of well-cleaned cur-

rants, cut a lemon in thin slices without the peel, put them over the currants (removing the pips). Do this in alternate layers, putting sugar at the top and grated nutmeg. Cover with paste, and bake for $1\frac{1}{4}$ hour.

Apple tart.—Pare, core, and cut into rather small pieces good baking apples enough for your purpose; line a dish with nice paste, sprinkle in, upon a layer of the apples, some pounded cloves, cinnamon, mace, and sugar, a little nutmeg, and some lemon-peel, chopped very fine indeed. Fill the dish thus, pour in $\frac{1}{4}$ pint of lemon-juice and water. Cover with paste and bake for 1 hour.

Beefsteak pie.—Season some good cuts of steak well with pepper and salt, fill a dish with them, and for the artisan's family this should be *lined* with paste; half fill it with water, cover with a crust, and bake $1\frac{1}{2}$ to 2 hours.

Calf's head pie.—Get a calf's head and trim away all meat from the bone, cutting it into small dice pieces; at the bottom of a pie-dish put a layer of lean bacon or ham, previously cooked; on this lay a layer of pieces of calf's head, hard boil 3 eggs, cut them into slices, and distribute them about the dish at intervals, together with a seasoning of pepper, salt, $\frac{1}{4}$ teaspoonful of powdered mace, 2 or 3 peppercorns. Put some gravy in the dish, bake in a slow oven for 2 hours, and when done fill up with more gravy that has been made hot, and seasoned with a few sweet herbs. To be eaten cold.

Carrot fritters.—Wash, scrape, boil, and mash $\frac{1}{4}$ lb. of carrots,—let them be a smooth pulp; add 2 oz. of flour, $2\frac{1}{2}$ of moist sugar, 2 tablespoonfuls of

milk, a little nutmeg and salt, an egg well beaten; beat all together, fry in fritters, that is, in small cakes of stiff batter. Serve with sifted sugar over.

Cherry tart.—Put a good crust along the sides of a dish, sprinkle sugar at the bottom, put in a sufficiency of good, well-picked-over cherries, sprinkle these with sugar, cover with a crust, and bake for $\frac{3}{4}$ hour. Do not let the crust get too brown. Damson tart may be made in a similar manner; a squeeze of lemon-juice here is an improvement.

Currant pie.—Red and black together make the nicest pies, and a few raspberries still more improve the flavour. Choose good fruit, remove all stalks, and proceed as above.

Currant tart.—Proceed as for apple tart, then, filling the dish with well-picked currants and alternate layers of powdered loaf sugar, bake it from $\frac{1}{2}$ to $\frac{3}{4}$ hour. Mulberries or raspberries are a great addition to the flavour of a currant tart.

Damson dumplings.—These are very nice, and when damsons are cheap they form an economical dinner for the children. Make a paste with *hot* water, roll it out, put it in a basin, fill *nearly* with damsons, or with any other of that kind of fruit; put on a lid, wet and close the edges of the paste, boil in a cloth $1\frac{1}{2}$ hour—longer if large. These dumplings may also be *baked*.

Eel pie.—Wash the eels well and prepare them for cooking; cut them in rather long pieces, season with salt, pepper, and $\frac{1}{4}$ teaspoonful of beaten mace. Line the sides of a pie-dish with paste, put

in the pieces of fish, and as much water as the dish will hold, together with a tablespoonful of ketchup; put on the cover and bake for $1\frac{1}{2}$ hour in a good quick oven.

Fig tart.—Cut $\frac{3}{4}$ lb. of figs into small pieces; cover them with milk, and 2 oz. of sugar, a little cinnamon. Put all in a jar in the oven to stew (covered); the figs are done when the milk boils. Take them out of the oven, mix in $1\frac{1}{2}$ oz. of butter; let them cool. Line a flat dish with paste, put first a layer of figs on the bottom, and then more, so as to rise in a pyramid form in the centre; pour in as much of the juice as the fruit will hold, then cover with a light paste, and bake it for $\frac{1}{2}$ hour. Eat cold.

Fish pie.—Fish pie is made precisely as though meat is being used; any kind may be put in, and mussels, periwinkles, cockles, etc., form a great addition. Bake from 1 hour, according to the size of the pie.

Fitch pie.—Get together the trimmings of fitches that are to be got ready for curing, cut them into small portions, put the fat apart from the lean, add a seasoning of salt and pepper. Line the dish (or small dishes) with thin paste, fill it (or them) with the meat, etc., putting close alternate layers of fat and lean—the latter predominating greatly. Put no water. Cover with a paste lid, and bake according to the size of your pie.

Fry pie.—Cut up $1\frac{1}{2}$ lb. of pig's fry, 2 onions, $2\frac{1}{2}$ lbs. of potatoes, pepper, salt, a teaspoonful of chopped sage leaves. Put meat at the bottom of a pie-dish, then a layer of seasoning and onion, then one of potatoes. When the

dish is full, the top layer being of potatoes, fill the dish with hot water, bake 2 hours, or $2\frac{1}{4}$ hours in a rather slow oven.

Fruit pie.—Line a dish with bread cut thinly, bottom and sides, sprinkle sugar, nutmeg, and grated lemon-peel at the bottom; put a layer of any fruit you choose—prunes, apples, pears, etc.—then a layer of bread and flavouring, and so on to the top. Pour syrup or water, with a few drops of essence of lemon-juice, till the dish is full. Bake 4 hours. Eat cold, —it is, however, nice when hot.

Fruit turnovers.—Make some paste, cut it in portions of about $4\frac{1}{2}$ inches long and 3 inches broad. Lay on each piece a spoonful of jam, or other preserved sweets, without juice; turn $\frac{1}{2}$ of the paste over, wet the edges slightly, pinching them also gently together. Lay them on baking tins, and bake them in a rather hot oven for 15 or 20 minutes.

Giblet pie.—Clean 2 sets of giblets and put them in a saucepan (reserving the livers), with $\frac{1}{2}$ pint of water, a dozen peppercorns, a small bunch of sweet herbs, an onion, and 3 or 4 blades of mace. Put the lid on and simmer them till tender. Make a nice paste and line the sides of your dish, putting a good piece of steak at the bottom; season with pepper and salt. Now put in the giblets and livers, strain the water in which they have simmered, put it in the dish with a little salt and pepper, put on the paste lid, and bake it $1\frac{1}{2}$ hour.

Green gooseberry tart.—Make a pulp of the gooseberries by boiling them in sugar and water gently till of the desired consistency; add sugar, and fill paste-lined, shallow tart dishes

with the mixture, put a cover on, and bake for $\frac{1}{2}$ hour.

Hard dumplings.—Mix flour, a little salt, with milk or water, to a stiff paste; form it into balls, with a little flour, put them into *boiling* water, boil 30 minutes. Hot or cold they are good, and a sprinkling of currants adds to their flavour.

Macaroni tart.—Boil 1 oz. of macaroni in water, with 1 teaspoonful of salt, till tender, drain it, put it in a saucepan with $1\frac{1}{2}$ oz. of butter, $\frac{1}{2}$ pint of milk, 2 oz. of sugar, $\frac{1}{4}$ teaspoonful of powdered cinnamon. Simmer till rather thick, pour it into a basin; let it cool; line a tart dish with nice paste, put in the mixture, and bake it of a gold-brown colour; when done carefully turn it on to a dish.

Meat and potato puffs.—Mash some cold potatoes, rolling them, and adding a little flour, break an egg upon this and stir it in well, and then roll it precisely as you would a paste of flour and water. Cut any sort of cold meat into very small pieces with chopped onion, pepper, and salt. Lay this mixture upon portions of the rolled-on potato, fold into puff shape, pinch the edges, fry slowly on all sides.

Meat and potato pie.—Boil and mash some potatoes with a little milk, sweet beef dripping, salt, and pepper. Line a dish with this mixture, pressing it against the greased sides like a wall. Lay in cold meat of any description, either minced, or in slices, 1 teaspoonful of ketchup, a little dripping, and so on to the top. Bake 1 hour.

Mince pies.—Take of tender cooked beef, currants, raisins, ap-

ples, and suet equal quantities, after they have been prepared by stoning, coring, chopping, etc. Add 1 oz. of powdered cinnamon, 1 oz. each of candied citron, lemon, and orange peel, finely shred, $\frac{1}{2}$ teaspoonful of salt, 10 or 12 bitter almonds blanchéd and grated. Mix all these ingredients together well with not quite half their weight of moist sugar, grate 1 nutmeg over them, and (not necessary) add a wineglassful of brandy or wine. Line patty pans with a good crust, fill with the mince, put on covers, pinch the edges together. Bake $\frac{1}{2}$ hour.

N.B.—The *meat* may be omitted.

A pie of mixed fruits.—Make a nice short paste, line a pie-dish with it, clean and stone $2\frac{1}{2}$ oz. raisins, wash and pick $2\frac{1}{2}$ oz. currants, add 2 oz. sugar, 2 oz. suet chopped, 2 oz. apple minced, 2 oz. pieces (odd scraps of meat) chopped, 2 tablespoonfuls water. Mix all these well together, put them in the dish, cover with a crust, bake for 1 hour in a quick oven.

Mixture pie.—Take thin slices of bread and line the sides and bottom of a deep pie-dish with them. On the bottom put a layer of *any* cold meat you may have, finely minced, season with salt and pepper. On this put a layer of vegetables previously cooked and mashed. Then a layer of bread, and so on until the dish is almost full. Fill the dish with hot water, put it in the oven, and bake for 4 hours. Hot or cold this pie is a general favourite.

Mutton pie.—Cut pieces from the neck or loin, and they are best when they have hung for a short while; take off superfluous fat, season with salt, pepper, and

a dessertspoonful of chopped onion, put a tablespoonful of water at the bottom of the dish and a thin lining of paste round the sides, or merely at the edge, put in the meat, and put a thick paste-cover on. Bake $1\frac{1}{2}$ to 2 hours.

Omelet.—Boil 6 good apples as though you were making apple sauce (*see* Sauces), mix in, when boiled enough, 6 oz. of fine breadcrumbs, 3 oz. each of sugar and butter. Add 2 eggs well beaten when the other ingredients are cold. Well grease a pudding dish, put in a layer of breadcrumbs an inch thick, and press a thin lining of them round the sides. Put in the apples, etc., strew more crumbs over, bake in a rather hot oven. When done turn it out on a dish and sprinkle sugar over it.

Open tarts.—These should be made in shallow tins and lined with thin, light paste. Fill with preserved fruits, fresh fruits, almost anything you like, and lay cross bars of strips of paste over the top; bake for a short time only.

Orange tartlet.—Take 1 oz. of fresh dripping, beat it with a few drops of essence of lemon, mash the yolk of a hard-boiled egg with $\frac{1}{4}$ lb. of orange marmalade, beat all together with 1 oz. of powdered biscuit. Line a tartlet pan with paste, fill it with the mixture, bake in a moderate oven till the paste is done.

Pancakes.—Mix 1 teaspoonful of baking powder well into 10 oz. of flour with $\frac{1}{4}$ teaspoonful of salt, stir in as much milk (out of 1 quart) as will make the mixture *stiff*. Beat it very smooth, add the rest of the milk, and then 3 eggs well beaten. Melt a little very fresh and sweet dripping in a

frying pan, pour in some batter, filling the pan about half-a-quarter of an inch in thickness with it. Let it almost set, then shake the pan, turn the pancake over, add a *little* more dripping, let it brown lightly, when turn it again, and at once slide it out of the pan on to a hot dish. Roll it up directly, and fry the rest as fast as possible. Serve with sugar and lemon juice.

Plain dumplings.—Put to $\frac{1}{2}$ pint of milk $\frac{1}{4}$ teaspoonful of salt, 3 eggs beaten well, and flour to make a firm batter, and a teaspoonful of yeast. *Beat for 1 hour incessantly.* Dredge it with flour and boil 1 hour. Serve with melted butter.

Poor man's pie.—By some this is also called "poor man's goose." Cut 1 lb. of bullock's liver into pieces after having washed it well in *warm* water. Dredge the pieces well with flour, season with salt, pepper, fine-chopped sage and onion. Lay layers of the meat and seasoning in a dish, pour hot water over all. Cover with a dish or plate, and bake for 2 hours.

Another poor man's pie.—Take a quantity of any scraps of meat that is not fat. To every 2 lbs. of meat cut in slices, season with 3 teaspoonfuls of salt, 1 of pepper, 4 onions thinly sliced, and 4 lbs. of potatoes cut in *thick* slices. Put a layer of potatoes at the bottom of a pie dish, then meat, and so on, putting seasoning at intervals, add 1 pint of water. Bake for 2 hours.

Potato fritters.—Boil and dry some potatoes; to $\frac{1}{2}$ lb. of pulp allow 1 tablespoonful of milk, 2 oz. sugar, 1 tablespoonful of flour, 1 of lemon juice, or a few drops of essence of lemon, a little salt and

nutmeg, 2 eggs well beaten. Beat all these to a light batter, fry, serve with sugar.

Potato pie.—Chop fine 1 lb. of Australian meat, mix it well with salt, pepper, few herbs, and mashed potatoes. Weigh the mixture and put to it an equal quantity of fine-shred bread-crums, stir together with a wooden spoon, put it in a deep pie-dish, add $\frac{1}{2}$ pint of water, put a thick sprinkling of bread-crums on the top, with a lump or two of dripping, bake for 20 minutes, till hot, and of a good brown colour,

Prune tart or pie.—Let the prunes lay in soak all night covered with about $\frac{1}{4}$ lb. of moist sugar. When ready to use them put them on the fire in a saucepan for 2 or 3 minutes, pour them into a dish, squeeze a lemon over them. Line a dish with paste, pour in the prunes and syrup. Cover with a lid, and bake for about $\frac{3}{4}$ hour.

Rabbit pie.—Make as in the recipe for rabbit pudding, baking instead of boiling, and putting it in a pie-dish instead of a pudding-basin.

Rhubarb pie.—Cut up the rhubarb into dice-like pieces, if old it must be skinned, and lemon peel in bits, lemon juice and sugar. Put it into your paste, and bake for $1\frac{1}{2}$ hour.

Rhubarb tart or pie.—Pare off the thin skin of good rhubarb stalks, cut them into 3-inch pieces, simmer them with a thin syrup of water and sugar for 1 hour slowly upon the hob. Let it get cold, then make it into tart as ordinarily. Rhubarb tart can also be made by merely cutting the stalk in pieces, filling a

dish with them, covering them with crust, and baking.

Rice dumpling.—Soak some rice in water; for 1 hour, boil it partly, and drain away the water. Spread out a small cloth and on it an inch thick lay some rice. Peel an apple, core it, fill it with sugar, a clove, and a drop of essence of lemon, tie it in the cloth, boil for 30 minutes. Serve with melted butter.

Rice fritters.—Boil 4 oz. of rice and $\frac{1}{4}$ teaspoonful of salt in a pint of milk till rather thick, let it cool, add $\frac{1}{2}$ pint of milk, 7 oz. of currants, 2 oz. of sugar, 4 eggs, a little cinnamon, and some almond flavouring. Serve with sugar.

Ground rice pancakes.—Put a pint of skim milk in a saucepan upon the fire, and when nearly boiling put in 3 oz. of ground rice previously mixed smooth with $\frac{1}{4}$ pint of milk. Stir till it thickens, pour it into a dish, adding 3 oz. of sugar, 3 eggs well beaten, $\frac{1}{4}$ teaspoonful each of salt and ground cinnamon. Fry as for ordinary pancakes, sifting sugar over them.

Rice pie or pudding.—Wash a teacupful of rice, put it in a pie-dish with 2 teaspoonfuls of moist sugar, 2 of chopped suet to 1 quart of skimmed milk, nutmeg, chips of lemon peel. Bake 2 hours in a good oven.

Sea pie.—Line a dish with thick crust, put a layer of thin-sliced onions at the bottom, then 1 of salt beef cut in thin slices, 1 of thin-sliced potatoes, 1 of sliced pork, 1 of sliced onions, sprinkle pepper over all, cover with the crust, and put it into a floured cloth. Bake for 2 hours.

Squab pie.—This is a mixture of mutton chops, chopped onions and apples, a little sugar and water. Put a paste cover on as for other pies. Bake $1\frac{1}{2}$ hour. (A great favourite with children).

Tartlets.—These can also be made as above, with almost any fruit or preserve. Bake them *without* the jam or fruit, putting a small nob of bread in the centre of each to keep this part from rising too much. Sift pounded white sugar over them.

Treacle dumpling.—Make some paste, roll it thin, spread it over thickly with treacle, roll it up, flour it, shape it with the hands into a ball, boil for 30 minutes, or according to size.

Treacle pie.—Make a paste, line a round shallow dish with it, strew breadcrumbs an inch thick at the bottom, pour syrup or treacle on these till they will absorb no more, put strips of candied peel here and there over the syrup, put another layer of crumbs and fill again with treacle, put a thin lid over all, pinch it round the edges. Bake for about

Cold veal pie.—This recipe does equally well for chicken or ham. Line bottom and sides of a shallow tart dish with paste, fill it with meat thus: mince the cold remains of veal with 1 teaspoonful each of parsley chopped and lemonpeel, squeeze a lemon over the mince, mixing in also 1 tablespoonful of milk, or smooth flour and water, $\frac{1}{4}$ teaspoonful each of powdered mace and shallot minced, a sprinkling of pepper, salt, nutmeg, and cover with a paste lid. Turn it out of the dish when serving.

Yeast dumplings.—Make a dough of flour, water, a little salt, and enough yeast to make the paste light, knead thoroughly, put it in a basin, cover it with a cloth, set it before the fire for 30 minutes to rise. Let the water be *boiling*. Make the dough up into balls, flatten them slightly, put them in the water (boiling), boil 5 minutes. Serve with melted butter.

CHAPTER XVI.

KNICKNACKERIES.

There is no valid reason why the artisan and his family should not enjoy the simple luxury of *knicknackeries* in the way of cookery, especially in those of a sweet kind. We have seen children—poor ones—stand looking silently and wonderingly at the handsome moulds of jellies, *blancmanges*, etc., in the shop windows, and we have heard them say, with a species of reverent awe that such splendid fabrics should ever be raised to the dish—"Them's what the quality feeds on."

In the season every Londoner knows how cheaply the delicious pine-apple may be obtained, generally speaking; and other fruits, too, go sometimes for a mere nothing. Why cannot the artisan's children have these occasionally in the form of a tempting dish of sweets? Because their mother never dreams she can make such things, and very likely never dreams either of trying to make them. The following few recipes are cheap and delicious. Then again there is Nelson's world-famed gelatine, with full and

plain directions upon each packet for rearing one of those "quality" dishes. Why should not the artisan's family have these now and then for a change?

RECIPES FOR PREPARING SWEETS, ETC.

How to bake apples.—Rub a dozen or more of good baking apples with a dry cloth, put them in a common dish with $\frac{1}{2}$ pint of water. Bake for 30 minutes in a quick oven. Serve cold with a little moist sugar sprinkled over them.

Apples, stewed.—Pare, halve, and core as many apples as required; lay them thus in a dish of cold water. Put into a saucepan $\frac{1}{2}$ lb. loaf sugar broken up, $\frac{1}{2}$ pint of water, the rind, cut into slips, and the juice of 1 lemon, boil these to a syrup, and when boiling put in the apples, stewing *gently* till soft, but do not break them. Drain them, boil up the syrup till it is thicker, let the fruit and syrup cool, when pour the latter over the former and serve.

Plain blancmange.—Soak 1 oz. of Nelson's gelatine in $\frac{1}{2}$ pint of milk for 6 hours. Boil a bay leaf or a laurel leaf or two in 1 quart of milk, and pour it *boiling* over the soaked gelatine; stir till the latter is quite dissolved, add 4 oz. sugar, strain through muslin, stir again, pour into moulds, or, failing these, dishes.

A DISH OF COCOA-NUT.—How often may the artisan be seen with a cocoa-nut in his possession,—these seem quite favourite bits of edible property with him. His children too purchase many a "penny slice" of the itinerant street vendor of such niceties. But the cocoa-nut, eaten as a raw unprepared food, is indigestible. Prepared as under, it is fairly digestible and far more palatable.

Pare off the hard, dark rind

of the nut, and grate the white part into a dish. Sift a little sugar upon it at intervals as you grate. It makes an excellent dessert or sweet dish.

Plain apple cream.—Pare and boil some baking apples, as for apple sauce. Pulp them through a sieve or some coarse muslin, add sugar, let it cool, stir in milk thickened over the fire with flour. Serve cold.

Plain rhubarb cream.—Peel and cut into inch pieces rhubarb—about a quart when so prepared. Put it in a stewpan on the fire with 2 tablespoonfuls of water, $\frac{1}{4}$ lb. of sugar, the rind of a lemon cut thin, a small stick of cinnamon. Boil *slowly* till soft, rub it through a sieve, let it cool, add 1 pint of milk, into which has been beaten an egg.

Currants and raspberries.—Pick well over, and free from stalk, etc., 1 pint of currants and $\frac{1}{2}$ pint of raspberries. Put them in a stewpan with $\frac{1}{4}$ lb. of loaf sugar broken up. Boil them gently, shaking the pan occasionally, for 2 minutes. Pour them in a basin, let the fruit cool, boil up the syrup for 3 minutes, let it cool, and pour it over the fruit.

Plain custard.—Beat together in a basin for 8 minutes 1 pint of milk, 1 oz. of sugar, a little nutmeg, and 2 eggs. Put all in a saucepan over the fire. Stir constantly till it becomes thick, when lift it off, strain through coarse muslin, let it cool, and add a few drops of any flavouring. Serve with or without stewed fruits. Cost, $4\frac{1}{2}d.$ to $5d.$

Rice custards.—Boil $1\frac{1}{2}$ oz. of ground rice, 3 oz. of loaf sugar, and a small stick of cinnamon in

1 pint of milk (skim will do); pour into little cups, and bake in a slow oven till set. Put a tiny knob of butter into each cup. Cheap and nutritious. Cost, about $3\frac{1}{2}d.$

them in the syrup, boil 10 minutes, take them out gently; boil the syrup 3 minutes longer, pour it over the fruit. Let it get cold. Serve to children with slices of bread or plain biscuits.

Stewed pineapple.—Peel a couple of pineapples, so that no dark specks are left on the pared surface. Put $\frac{1}{2}$ lb. of loaf sugar ($1\frac{3}{4}d.$) into $\frac{1}{2}$ pint of water, and make a syrup of it by boiling for 10 or 12 minutes. Slice the pineapple into rounds $\frac{1}{4}$ inch thick, lay

Stewed pippins.—Pare and core 6 large apples; add to them $\frac{1}{4}$ lb. loaf sugar, the rind and juice of 1 lemon (in strips), 2 tablespoonfuls of water; put all in a stewpan over a *slow* fire, and stew them till tender. Stewed pippins should be served cold.

CHAPTER XVII.

A FEW WORDS ABOUT PICKLING AND PRESERVING.

NOTES ON SAUCES.

Pickling.—Good, carefully home-made picklo is a wholesome and palatable relish in our dietary. Pure picklos *can* be purchased, but in these days of almost universal adulteration of our food the question is how are we to *know* that what we buy is pure and genuine? Impure pickles—pickles made of rotten and therefore cheap ingredients in the form of vegetables that would not command a sale in any other but in a “covered up” condition, and bad vinegar, are positive poison when introduced into the system.

So that to be able to make some really good pickle at home is quite a valuable little bit of knowledge.

There are various means and ways of pickling, and various articles of food that can be pickled, but we are speaking about *vegetables* just now.

Concerning the vinegar.
—Your vinegar must be what is known as the “best,” and strongest, therefore; the vegetables to be pickled, fresh, untainted, unspiced; in fact, as sound and as good as you can get them.

To pickle a quantity of rubbish that you do not know what to do with, and consequently will not spend much care or money upon, if any, is merely waste of time; and if you think, as some persons are apt to do, that the *vinegar* and the *spices* will cover up all defects, and remove any unpleasant taste or smell about it, it is a great mistake, as the result will be the storage in your cupboard of a quantity of something without a name that nobody can ever eat, or if they do venture upon such a bold act, will sorely repent their rashness. Vinegar must not be *boiled* when to be poured over vegetables for pickling; this is most important to remember, for pickles should eat firm and crisp, more or less, according to their own peculiar properties, and it stands to reason that to pour boiling liquor upon them will sodden and soften them from the very beginning.

Keeping pickles.—Damp

eupboards or store places are injurious to pickles. Glass bottles or unglazed jars or pots are the proper vessels to keep them in.

But whichever of these are used, they must be provided with the best of corks or bungs, these being furthermore covered over with pieces of bladder firmly tied round the necks. Bladder for this purpose can be got at the butcher's, and it should be dipped in the pickle before being put on.

Some persons prick the vegetables they are pickling with a fork in several places, it being thought that this enables them to get more thoroughly impregnated with the liquor; but it is rather objectionable, inasmuch as it somewhat spoils the look of the pickle itself, giving it a mangled, bruised appearance. Never fill your jars too full, leave at least 2 inches to spare, and fill that up with vinegar. The latter (the liquor as it is called) invariably wastes according to the time it is kept, and in consequence the pickle itself becomes dry from being uncovered, or will have a disagreeable looking and tasting whitish scum upon the top that nothing you can do will effectually remove.

Having pickled some vegetables, you must remember to look at them again in about a week or ten days from the time you did them, and fill them up again with vinegar. They will be almost sure to require this, and you will be in time to save them, if they show symptoms of not keeping well. In the latter case you will certainly have to re-do them, that is, to put fresh vinegar and spice over them. Pickles managed carefully, great attention being paid to let *all* the ingredients be thoroughly good, seldom require the addition of any other substance to improve their colour. Never add any of the colouring matter to be bought cheaply at the oilman's or chemist's for this purpose. Rather let your pickles

be a little "off" colour than run the risk of poisoning people. But if it is really a desideratum that a *good green* must pervade your cabbage and cucumber jars, etc., you can attain it harmlessly by boiling your vegetables in water with which *liquid ammonia* has been mixed, in the proportion of $\frac{1}{4}$ oz. of the latter to 1 quart of the former.

Pickling pans.—Block tin saucepans are as good as any for pickling in. Brass and copper should not be used, as the acid will, acting upon these metals, form a dangerous poison.

Cabbage, pickled.—This is (with onion) a most popular pickle, we believe. There are few housewives who do not year by year "put down" a few of each.

Choose good firm *red* cabbage (September is the time to get these in perfection), and allow 1 ounce of *whole* pepper to 1 quart of vinegar. Take away the large outside leaves, and wipe them clean with a soft dry cloth. Slice them thinly in long slices, not letting the pieces be smaller than you can help; lay them on a sieve or large dish (for want of one), and strew several handfuls of salt upon them, covering them wholly. Let them drain, standing in a cool place, all night, and then put them into jars and wide-mouthed bottles. Add to the vinegar and whole pepper $\frac{1}{4}$ oz. of *ground* black pepper, $\frac{1}{2}$ oz. of *whole* ginger that has been well bruised, and, if liked, a spoonful of capsaicums. Let these stand covered closely for a day or two, and then pour the whole mixture upon the cabbage. The liquor is sometimes strained through a sieve, but we think the other way to be the better one.

Onions, pickled.—These can

be done in precisely the same way, being careful to choose onions of a nice look and uniform size. They must be peeled, of course, and if they are thrown into moderately warm water before this operation, it will prevent the peeler from "crying" much. Instead of placing salt *upon* the onions you can throw them into very strong brine (salt and water), letting them stay in it for 24 hours. Many advocate the *boiling* of the onions, but it is unnecessary; it softens them.

Mushrooms, green walnuts, cauliflowers, and nasturtiums are all pickled in a very similar way. *Walnuts*, however, require to remain in brine for 8 or 9 days, the water being changed every 2 or 3 days. The fruit should be picked when the sun is on them. They are then made to turn *black* by allowing them to remain in the air.

Nearly every cook or housewife has a "way of her own" concerning pickling; and cookery books give no end of "ways" also, but the above are simple and reliable recipes which the unlearned in the art may practise.

Fish, pickled.—Fish is cleaned thoroughly, wiped very dry indeed, and is rubbed inside and out with a little salt and some powdered spices. After this, lay it in a deep baking-dish, cover it well over with very strong vinegar, and bake it in a rather hot oven.

Meat, pickled.—The meat usually pickled or salted is pork, ham, and bacon. Pork must be covered with salt, and left thus for a couple of days. After this, some persons cover it again with more salt, continuing to do so from time to time; but the usual way is to make a stiff brine (made by boiling

salt, saltpetre, and water until it is strong enough to carry an egg on its surface), and to let the meat lay in it for about 10 days. Bacon is pork salted and dried,—salted by being rubbed well with dry salt and re-rubbed again and again, and then dried by being hung up either in your kitchens or in proper drying-rooms. Hams are done in this way also, but are frequently put into pickle,—a kind of sweet pickle made with salt, sugar, and spices, mixed with vinegar usually; but ale and wine are sometimes used.

To make jam.—To make jam is a very simple process—ordinary jam, that is. The fruit must have the stones, stalks, and all impurities removed from it, although the stones are sometimes left in plums. It is then simply boiled with sugar (good; there is a kind called preserving sugar on purpose for such cookery). The usual allowance of sugar to the fruit is weight for weight; but in very sweet fruits, such as strawberries and over-ripe plums, the quantity should be less.

Essentials in preserving.—In preserving it is very necessary that your utensils should be clean, and that the bottles and jars you intend putting your fruit in shall be *dry*. Use *wooden* spoons to wash or stir it with. *Copper* pans are the proper kinds to use, and the most general, although iron ones glazed inside are now quite common for the purpose. Use the best sugar always. Even if you wish to make a very economical preserve it will be cheapest for you to purchase the best, as inferior qualities waste more in the boiling. Jams must not boil slowly, and it is better to put the sugar in the preserving pan *after* the fruit has boiled for some little time than to put them in it both together. Take the scum off the jam very frequently. Keep preserves in a dry place. There are various methods of covering them so as to

exclude the air, which is the chief thing to be considered when they are required to be kept for any length of time. Writing paper steeped in brandy is the most general way, but it is better to soak it in good, sweet olive oil. Bladder should be tied over this as well.

If possible, and you have the gathering of your own fruits for preserving, let it be done in *dry* weather.

SAUCES.

Sauce-making (simple, and most commonly in use).—

Keep a saucepan on purpose for making sauces in. It should be *thick*, and whether enamelled or not be kept remarkably clean. But as we have agreed that *all* our saucepans, pots, kettles, etc., in which our food is to be cooked shall be kept in a state of exquisite cleanliness, we do not know that there should be any special reason for saying much about the one specially for sauces, only that the least stickiness to the inside, or any very minute impurities at the bottom of it, will assuredly spoil your sauce. Often when a saucepan that has held boiling milk for instance looks quite clean, and smells quite sweet, there will be a stickiness at the sides, and pieces of transparent brownish skin adhering about it, and these will make your sauce a bad colour. Keep a *wooden* spoon for stirring sauces, and let this also be white and sweet. Remember to put cold water into your saucepan (leaving the spoon in) directly you have poured its contents into the tureen or boat. Remember also that sauces must be made—generally speaking—just before they are wanted, as they spoil, getting thick and scaly, by long standing. Serve them as hot as possible, either in a tureen that has been warmed by standing on the hob or in the meat screen, or by having boiling water poured into it and left there for a few minutes. Boil sauce on a clear fire, as on account of its requiring to be frequently stirred you cannot keep the lid of the saucepan on long together, and smoke would ruin the contents.

Melted butter.—The commonest—that is, the most often

used—sauce is **Melted butter**. The quantity made must be according to the size of the fish, joint, etc., it is to be served with, and the number of people you are catering for. Take a heaped table-spoonful of flour, and mix it as carefully as possible with a little *cold* water in a saucepan, putting the water in spoonful by spoonful, so that it may smooth the flour into a thin paste without lumpiness. Were you to turn a cupful of water all at once on to the flour, you could not get it smooth, and the result would be a boatful of an unsavoury-looking something, full of little knobs of flour. Having thus made a breakfastcupful of this paste, cut up and add to it about a $\frac{1}{4}$ lb. of good, sweet, but not actually best butter. Dripping will not do in this case, although it is an excellent substitute for butter in almost any other. Shake the saucepan until the butter mixes with the paste, and put it on the fire, where you must not let it remain unshaken or unstirred an instant. When it boils it is ready. Stir *always* in one direction; if not it is liable to get oily-looking, and there should not be the least appearance of any butter or fat having been put in it.

Egg sauce.—Boil 2 or 3 eggs for $\frac{1}{4}$ hour. Take the shells off after dropping them in a basin of cold water to cool, and chop or mince the meat very fine; add a sprinkling of pepper and salt, and having put them in the boat or tureen they are to be served in, pour over them a breakfastcupful of *boiling* melted butter, stirring the egg well with it.

Mint sauce.—The leaves of the mint should be fresh and green, and perfectly well washed from any grittiness, etc. Chop them up as fine as possible, and mix with

vinegar (cold) in which a little sugar has been dissolved.

Parsley sauce. — Prepare some melted butter (you will see that melted butter is a foundation for many sauces, so that your best attention should be directed towards making it really well), and get a little bunch—say a dozen sprigs—of good green parsley; wash it well, and boil it for about 8 minutes, or until tender, putting it into cold water. Let the water drain well from it (the best way to do this is to hold it between a folded cloth), mince it very fine, and pour gradually over it the melted butter boiling hot, and from a $\frac{1}{4}$ to $\frac{1}{2}$ a pint of it, as occasion requires. When parsley is not obtainable, take a teaspoonful of parsley seed, tying it in a little bag of muslin, and boil it for a few minutes, so as to make the water taste and smell very strongly of it. Take some of this water to mix your flour with for the melted butter when it has cooled; it must not, however, be too strong. To make the delusion still more perfect, boil and chop up a little spinach (if you have this) fine, and put it into the butter to represent the parsley. This is an excellent substitute for parsley sauce proper.

Mushroom sauce. — The stalks of the mushrooms must be cut off, and the mushrooms skinned carefully. Cut them small, washing them well first; put them in a saucepan, with water just covering them, and *stew* them till they are tender. A good brown and rich gravy will come from them; add to it a piece of butter the size of a walnut, that has been pressed or worked into flour, to thicken it, and sprinkle with pepper and salt. Serve hot.

Oyster sauce. — Get some good oysters (say 1 dozen), and simmer the *beards* of them in their own liquor, adding a little good gravy. Strain through a sieve, and put it in some ready-made melted butter; then put the oysters in, and let them *boil* for 1 minute, and *simmer* for 3. Another more elaborate way is as follows: Simmer some oysters in some of their own liquor until they look big and plump. Strain them, wash them, and beard them, and put them again into the saucepan with the liquor, which latter must be clear and free from sediment. Now put in a small stick of horseradish, $\frac{1}{2}$ of a small lemon, a little mace (not pounded), and boil all up for a minute. Take away the 3 last ingredients named, squeezing the juice of the lemon into the sauce, and add the rest to some good rather thick melted butter.

Celery sauce. — This is much used with fowls and game. Wash and pare, and well clean some good celery, and divide it into little pieces (thin); boil it in water just covering it till soft, thicken it with a piece of butter kneaded in flour, adding a sprinkling of pepper, salt, nutmeg, and a little piece of whole mace, and boil it up. When celery is unobtainable, get *celery seed*, and use as in the manner described for parsley sauce; or it may be made very rich indeed by adding $\frac{1}{2}$ a pint of cream.

Lobster sauce. — Get a hen lobster, boiled, and having taken out the coral, pound it in a mortar, with a *small* piece of butter and a couple of tablespoonfuls of cream or milk—cream if to be rich. Take all the meat out of the lobster, cut it in small pieces, mix it with the pounded cream and coral, 6 more tablespoonfuls of cream, a small

spoonful of ketchup, a blade of mace, a small stick of horseradish, a little lemon and lemon-juice, and a piece of butter rolled in flour. Boil it slowly for a few minutes, and after taking out the mace, horseradish, and lemon, simmer it for a few moments, and put it into about $\frac{1}{4}$ pint of hot melted butter that you must have prepared in readiness.

Anchovy sauce.—This is used for fish. Make $\frac{1}{2}$ pint of melted butter, and stir into it a *small* teacupful of anchovy essence or an anchovy, with pepper and salt to taste. Some cooks add ketchup, wine, lemon-juice, and cream, and instead of melted butter proper, $\frac{1}{4}$ pound of butter kneaded, or pressed well, into some flour.

Ordinary sauce, to be eaten with fish, is easily made thus: mushroom ketchup, or liquor from pickled walnuts, added to thick plain melted butter.

Caper sauce.—Capers chopped (or the seeds of the nasturtium are an excellent substitute), are to be stirred into good melted butter, with a tablespoonful of vinegar. Capers can be procured in bottles at any good chemist's or oilman's.

Shrimp sauce.—Get some shrimps, half a pint or a pint, according to the quantity of sauce required; pick them nicely, putting the refuse into $\frac{1}{4}$ pint of water; stew this for a few minutes, strain it, and use the liquor so obtained to make your melted butter with. Now add the picked shrimps, a taste merely of lemon juice, a *tiny* quantity of cayenne, and a teaspoonful of anchovy essence, and simmer all together for 5 or 6 minutes.

Onion sauce.—Make good melted butter, and after peeling the onions, boil them in a good deal of water till very tender, strain them, chop them fine, add pepper and salt, and put into the melted butter. When boiled in *milk*, and this used to make the sauce with, it makes it appear very white, and taste exceedingly rich.

Sweet sauce.—This is merely a plain, sweetened, but useful sauce, eaten with various puddings, and is made of melted butter and sugar. Wine can be added if required.

Wine sauce is eaten with venison frequently. It is made with liquor from the meat (boiled), added to pepper, salt, wine, and currant jelly, thickened with a little flour smoothed in water.

Fennel sauce is made in the same manner as parsley sauce. The *leaves* of the fennel only are boiled in a little salt and water.

Apple sauce.—Procure good sound apples (say 6 moderate-sized ones), pare, core them, cut them into quarters, and put them into a saucepan with a very little water (hardly enough to cover them). When quite soft, strain them, and mash or beat up the apples with a wooden spoon. Now put in a couple of cloves, a piece of butter the size of a hazel-nut, some finely-chopped lemon peel (teaspoonful), and two teaspoonfuls of sugar (white pounded). Stir all these ingredients well together, and set them on the hottest part of the stove for 3 or 4 minutes, when the sauce will be done.

Sauce for plum pudding.—Melted butter, a teaspoonful of

white pounded sugar, a sprinkling of nutmeg, and some grated lemon peel, half a glass of brandy, and a whole wineglass of sherry. This must not be *boiled*, but be merely *shaken* over the fire.

Bread sauce (for game, turkeys, etc.).—Boil an onion (peeled) gently in a pint of sweet milk until very soft. Put stale crumbs of bread (a slice round the loaf), broken into little pieces, into a saucepan or little stewpan; put the hot milk on it (strained), and let it stand covered over for 1 hour. Now beat it up with a wooden spoon or silver fork, and add a sprinkling of salt, cayenne, mace, and 1 oz. of butter. Boil it for a couple of minutes. The onion itself must not be used in this sauce.

Tomato sauce (eaten with meat or poultry).—Peel the tomatoes, take away the seeds and stalks, and put them into a saucepan with half a head of celery, a

piece of butter the size of 2 large walnuts, a slice of bacon, 1 or 2 bay leaves, a sprig of thyme, a small onion sliced and peeled, pepper and salt, and cayenne if liked. Stew all these together till tender, when stir in with a wooden spoon a *small* cupful of flour, and about $\frac{1}{2}$ pint of broth. Boil for 5 minutes, strain, and putting it again into the pan, it must simmer until it becomes a little thick.

Chestnut sauce (for fowls, etc.).—Peel the chestnuts, and plunge them into boiling water till the inner skins can be removed easily. Put them when peeled thus into a stewpan, with $\frac{1}{2}$ pint of veal stock, the peel of $\frac{1}{2}$ a lemon cut small, a little cayenne pepper and salt. Bring it gradually to the boil, and then simmer until the chestnuts are quite tender. Press the mixture through a hair sieve, add a good cupful of cream or new milk, and let it again simmer for a few minutes, when it will be done.

CHAPTER XVIII.

BAKING.

How to make bread. *Simple directions for.*—

There are many ways of baking bread, and many different articles of food with which bread can be made, but we are simply going to use wheaten flour, and bake our loaves and what else we want baked in our own ovens. There is no bread, nor will there ever be any, superior to really good home-made, but we think very few small families, and families living in towns, as a rule, care to make their own staff of life. To inexperienced housekeepers, we know, the bare idea of venturing upon such an undertaking almost frightens

them, although at the same time they are ambitious enough to want to “try” to make a rich cake, or a wonderful pie or pudding, or something at least a *little* startling in the “fancy” baking line. Now those latter operations are generally undertakings in truth, and make the poor and really persevering lady who is her own help quite out of heart with cookery because she fails over her big aim. But had she just been content to bake a handsome crisp loaf of bread—a simple task—and set it before the master of the house, his surprised (he would be *sure* to be surprised) and pleased satisfaction would make her glad she had not tried to do

grand in her cookery, and so, very likely, made him laugh at her.

First of all be careful to use *good* flour, the best is the cheapest. Also *new* flour just from the mill is not so lasting, that is, it will not make so much bread as flour that has been kept for a few weeks will.

To make 4 small loaves of bread, which will be perhaps as much as our oven will hold, for nowadays, as well as not giving us much room in our houses, we get not too much space in our ovens either. Get a quartern of flour—that is 4 *pounds*, 2 tablespoonfuls of brewers' yeast, and mix the yeast in $\frac{1}{2}$ a pint of *warm* water. Put the flour in a deep earthen pan, make a hole in the middle of the flour, and pour the yeast and water into the hole, strewing a little flour on the top of the yeast (1 tablespoonful). Set the pan before the fire, cover it lightly over with a cloth, and in about 1 hour it should rise nicely, rising meaning that it seems to *swell*, and looks in a *work*. Now mix well with the hands (but lightly, for breadmakers must have light, deft fingers) the contents of the pan with warm water and a little salt to a rather stiff paste, and set it *again* before the fire for 2 hours. After this make the dough up into 4 loaves, and put it into a moderate oven, one that will bake them but not burn them. Let them be in for at least an hour without touching them, then turn them; they should be nicely baked in $1\frac{1}{2}$ hour. This is an exceedingly simple and homely recipe, but it is a very good one if only the instructions be carried out to the letter.

Hundreds of housewives make bread on the selfsame way no doubt, but it was told us by an old lady (an old cottager) of seventy-six years of age, when we did not know in the least how to make bread. "My

dear," she said, "I've allers made bread just like this ever sin' I was a gal, an' you ask my old man if it's good, or if it a'int?"

We did not ask her "old man," however, but we made bread for ourselves. Some people put potatoes and alum, and various other ingredients in their bread—bakers these chiefly; but the pure and simple ingredients named will make pure and simple bread, which we think is all we thrifty, economical housekeepers desire.

Take great care that you obtain *good* yeast, for upon this will greatly depend whether your bread is light or not. Brewers' yeast, or, as it is often called, barm, makes the sweetest bread, and that known as small or table beer yeast should be asked for, as the strong is almost always so bitter that it gives this flavour to the bread. When making bread, if you mix more flour and yeast than is required for loaves, the dough mixed with currants, etc., forms excellent cakes and "drop" biscuits.

Brown bread.—This bread is highly nutritious, and excellent of digestion. To make some, take 1 part of rye flour and the remaining 3 parts of what is known as *second* flour. Put in a cool place all 1 night, and in the morning knead it up with some milk and water. Let it rise, being placed near the fire, make into loaves and bake according to weight.

Pie crust.—Mix flour and butter, lard, or dripping with water for plain crust. For a richer kind add pounded white sugar, and well-beaten eggs.

Paste for tarts should be made with *equal* quantities of flour, butter, and pounded white sugar

thoroughly well incorporated together.

Puffpaste must have a pound of butter to each pound of flour, and the flour must be sifted.

Raised crust must have the butter used in it *boiled* with water in the proportion of $\frac{1}{2}$ lb. of butter to $\frac{1}{2}$ a pint of water. Mix it, *hot*, with flour to a stiff paste. After this it must be kneaded well, but not made into form until it is *cold*, and it is baked and allowed to cool *before* the meat is put in.

Ordinary paste.—Make paste for ordinary cookery by mixing flour, butter, or some kind of good fat together in a little water, rolling it out, spreading it with fat again, and again rolling it up. This operation is repeated several times, until you have used up the amount of butter you ought to use. Handle as lightly as possible, and as quickly. A very little *careful* experience will enable a person with a reasonable amount of common sense, to make ordinary, good, and rich pie crusts.

CHAPTER XIX.

CAKES.

MANY of the remarks set forth in the introduction to puddings, etc., are applicable to cake making. Cakes are most *useful*, as well as "toothsome" articles of cookery, for they can be made so plain as to be but one remove from bread; in fact, they can graduate through it would be hard to say how many degrees of richness. A really good cake need not be an expensive one, and a plain cake is cheapness itself. These latter, good flour, good sweet dripping, and good mixing being provided for, are most wholesome and economical food for children. They save butter, and the children enjoy them. A provident housekeeper will always bake a couple or more cakes a week. A cake is a cake, and this with bread and butter forms a "respectable" if simple tea course.

RECIPES FOR PREPARING CAKES.

Brown biscuits.—Boil together $2\frac{1}{4}$ oz. of butter, or dripping, and a teacupful of water, add to it 1 lb. of coarse brown flour, the

mixture to be very stiff. Roll it out about $\frac{1}{4}$ inch thick, bake in a quick oven for 8 minutes.

Plain biscuits.—Melt $2\frac{1}{2}$ oz. of butter in $\frac{1}{2}$ pint of warm milk. Stir these into 1 lb. of flour, make a stiff paste, roll it *thin*, cut into plain circlelets the size of the top of a tumbler, prick the tops, bake 10 to 12 minutes.

Forty Bath buns.—The following ingredients will make about 40 buns. Melt $\frac{1}{2}$ lb. of butter (7d.) in a teacupful of good rich milk (1d.), add 1 lb. of flour (2d.), the rinds of 3 lemons (3d.), 1 teaspoonful of yeast ($\frac{1}{2}$ d.), 3 eggs (3d.); mix all *thoroughly* together. Let it stand to rise. Make into buns, bake in a fairly hot oven for about 30 minutes. Entire cost about 1s. 5d.

"Auld Ireland" cakes.—Into 1 pint of boiling water dissolve $1\frac{1}{4}$ oz. of butter, put this into $2\frac{3}{4}$ lbs. flour. Stir well together,

knead to a firm consistence. Roll an inch thick, cut into shapes. Bake for about 15 minutes. Serve *buttered and hot*.

Family cake.—Rub $\frac{1}{2}$ lb. dripping or lard into 2 lbs. of flour, add $\frac{1}{4}$ lb. moist sugar, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. chopped raisins, $\frac{1}{4}$ oz. of carbonate of soda, the rind of a lemon thinly peeled, and chopped nutmeg, 4 scruples of tartaric acid, mix all with $\frac{1}{2}$ pint of milk or milk and water. Bake for about $1\frac{1}{2}$ hour.

Girdle cakes.—Rub $1\frac{1}{2}$ oz. of dripping into $\frac{1}{2}$ lb. of flour lightly with the fingers. Add 3 oz. well cleaned currants, 2 teaspoonfuls moist sugar, almost a teaspoonful of baking powder, not quite $\frac{1}{2}$ pint milk. Make a firm dough, knead it gently on a floured board, cut in shapes $\frac{1}{2}$ inch thick. Bake on a hot girdle 12 minutes. When done stand them on end, or they will get heavy.

Simple Irish cakes.—Pour a pint of quite boiling water over about 1 oz. of good sweet butter, and when the latter is quite melted, pour both on $2\frac{1}{2}$ lbs. of flour. Thoroughly mix these ingredients together, kneading them into a very stiff dough. Cut the cakes an inch or more thick with your dredger lid, or cake cutters. Bake them in a quick oven; serve hot and buttered nicely.

Oatmeal cakes.—Put 3 breakfastcupfuls of meal into a 3-pint dish, pour *boiling* water on it, stirring it continuously with a wooden skewer. Moisten it through. On the pasteboard strew dry oatmeal, put the moistened meal upon it, knead out the pieces for your cakes, rolling them lightly with a rolling pin if wanted thin.

Cut with a cutter as fast as possible, as the oatmeal dries up very rapidly. Bake till crisp.

Cheap plum cake.—Rub $\frac{1}{4}$ lb. of butter or dripping into $1\frac{1}{2}$ lb. of flour, add $\frac{1}{2}$ lb. raisins chopped, $\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. of moist sugar, 1 teaspoonful carbonate of soda, $\frac{1}{2}$ pint warm milk and water (dissolve the soda in this). Mix well, bake in a rather slow oven for $1\frac{1}{2}$ hour.

A good plum cake.—Rub $\frac{1}{2}$ lb. of butter and $\frac{1}{2}$ lb. of dripping into 2 lbs. of flour, mix in $\frac{1}{2}$ oz. of German yeast, 1 tablespoonful of cold water, add $\frac{1}{4}$ pint of *warm* milk, stir thoroughly. Remove the spoon, let the mixture stand aside for 4 minutes, strain it, letting it fall into the centre of the flour and butter. Stir *slightly*. Cover, and let it stand to rise. This done, mix in 3 well-beaten eggs, $\frac{1}{4}$ lb. of candied peel, $\frac{1}{4}$ pint of milk, $\frac{1}{4}$ oz. powdered mace and cinnamon, 1 lb. each of moist sugar, currants, and raisins, 1 oz. blanched and chopped almonds. Let it stand by the fire for 30 minutes, put it in an *earthen* pan in preference to a tin, bake 2 hours in a moderate oven.

Cakes of potato.—Boil and dry on a cloth good floury potatoes, pulp them with $\frac{1}{4}$ oz. of dripping or butter, a teaspoonful of German yeast, or more according to the quantity of vegetable, mix with this and milk till of a dough consistency, roll out, form into cakes, let them rise, bake for 10 or 12 minutes in a moderate oven.

Seed cake.—Rub $\frac{1}{4}$ lb. dripping into 1 lb. of flour, add a little salt, and 2 or 3 tablespoonfuls of sugar, mix thoroughly, add 1 teaspoonful of baking powder, or the

same quantity of carbonate of soda, with enough warm milk and water to make the mixture fairly stiff; pour into a well-greased tin, bake briskly for 30 minutes.

Soda cakes.—Rub $\frac{1}{2}$ lb. of dripping into 2 lbs. of flour, add $\frac{1}{2}$ lb. of sugar, $\frac{3}{4}$ pint of milk and water, 2 eggs, 1 teaspoonful carbonate of soda (currants may be added). Bake in a well-greased tin for $1\frac{1}{4}$ hour.

Soda cake.—These are easy to make, nice to look at, and much liked, generally speaking. Get 2 lbs. of flour, $\frac{1}{2}$ lb. of good dripping, the same quantity of moist sugar, 1 pint of sweet milk, and either 2 eggs well beaten or some of Borwick's baking powder. Mix these ingredients well together with a little carbonate of soda. Plums may be added if liked, making a richer cake altogether, and if so, add about $\frac{1}{4}$ lb. of candied lemon peel, and a pennyworth of mixed spice.

Tea cakes.—Make tea cakes as you would bread, only using instead of water, warm milk, with a small quantity of butter melted in it, and also some white powdered sugar. Let the mixture rise, knead it, and bake for from 12 to 15 minutes.

Tea cakes.—Take $\frac{1}{2}$ lb. flour and rub or work 2 oz. butter well into it, mix these with an egg beaten well, and a tablespoonful of pounded white sugar. Make into 2 cakes, and bake for 35 or 45 minutes.

Yorkshire cakes.—Beat up 4 eggs well, mix them in with 3 lbs. of flour, $1\frac{1}{2}$ pint of warm milk, 4 spoonfuls of yeast, stir all together for 3 minutes. Put them in

proper tins, let them rise, and then bake in a *slow* oven for 20 minutes.

Crumpets.—Rub smoothly $\frac{1}{2}$ oz. of German yeast with a dessert-spoonful of water (cold), and about $\frac{1}{2}$ that amount of sugar, add 1 pint of warm milk, and leave it for 5 minutes. Strain it on to $1\frac{1}{2}$ lb. of flour, stirring it with a wooden spoon, set it to the fire to rise, then add 2 well-beaten eggs, $\frac{1}{4}$ teaspoonful of salt, and 1 pint more of milk. It should now be a thick batter; do not beat it much, but press out any lumpiness. Make the girdle warm, grease it slightly, put the girdle on a nice clear, but not fierce fire. Almost fill a teacup with the batter, skimming it from the surface (do not stir up the mixture more than you can avoid), pour it gently on the plate, let it set slightly, then turn it *at once*, with something *flat*, let it brown *slightly*; lay the crumpets aside separately when done. Eat buttered.

Gingerbread nuts.—Rub 6 oz. of butter or *good* dripping into 3 lbs. of flour, add a dessert-spoonful of baking powder, 2 oz. powdered ginger, $1\frac{1}{2}$ lb. treacle. Make into nuts about the size of the top of an egg-cup, bake on greased tins in a moderate oven for about 30 minutes.

Plain scones.—Mix together $\frac{1}{2}$ lb. of flour and $\frac{1}{4}$ teaspoonful of salt, add cold water sufficient to make a firm, pliable dough (a little over $\frac{1}{2}$ a gill), flour the pasteboard, roll out thin, cut into circles. Bake on a *girdle* for 8 or 10 minutes, cooking one side at first. To be eaten hot.

N.B. — Girdles can be bought cheaply at any ironmonger's. They are a kind of iron plate.

CHAPTER XX.

BREWING AT HOME.

THE materials for brewing are expensive, but they may often be obtained on hire, or as a loan from a friendly neighbour.

Beer is a truly awful item in many artisans' families. Putting the artisan himself at 2 pints per diem, and his wife at 1 pint, it will amount, bought at the public-house, to more than 5s. weekly!

Brewing at home is economical, and not only that you will know that you are drinking a pure, wholesome drink, but you do *not* know this otherwise. Of course the prices of malt and hops vary. They must be taken "at the tide" that turns in our frugal housewife's favour. Malt has been obtained as low as 6s. per bushel, and it hardly ever reaches to 10s. Hops may be reckoned at from 10d. to 1s. 3d. per pound.

The artisan's *wife* will do the brewing—it is not laborious work—not so hard as a day's washing. It must be brewed in the copper, and the copper fire must burn cinders, rubbish, etc. In the country bits of wood, furze, etc., will answer every purpose, and can be picked up at odd times by the children. Suppose you brew twice a year a brewing of 4 kilderkins each time, but it would be better to brew if possible the whole 8 kilderkins at once; the beer will improve by keeping. Probably, however, you would not have the convenience to do this, nor room to store your beer. Four bushels of malt and 4 pounds of hops will make 4 kilderkins of beer. The utensils for brewing are a good large copper, a mash

tub, an "underback" (this is to take the wort as it comes from the mash-tub); a rudder, so called, to stir the malt in the mash-tub; two broad, flat tubs called, "coolers;" they are made thus to forward the cooling of the wort, which must not be delayed longer than is possible; casks, and also cask stands.

The brewing utensils must be perfectly clean, they must be *put away thus*, and then a good scrubbing the day before they are wanted will do all that is required. Wash *new* casks with cold water, and afterwards with a mixture of salt and water, this latter to be shaken about in the barrel. Rinse it free of the salt with a little wort that is fermenting. When casks are *sour* put a piece of unslacked lime the size of a large walnut into them with water, cork them up, and roll them to and fro for some time, then put in hot water and a handful of small pebbles to aid in rinsing. In choosing malt, amber and pale are the best for brewing at home, the other two sorts, viz., brown and blown, are for brewing porter chiefly. Pale and amber malts have more sugar in them than the others. Choose malt that has a *sweet* odour, a soft, ripe taste, is round in shape, and with a *thin* covering. A bushel of *good* malt should weigh from 44½ lbs. to 45 lbs. Bad malt is hard. Grind your malt if you *can* grind it at home, or crush it about 6 days before you want to use it. Hops when good are of a greenish yellow colour, and are moist and

sticky to the touch, and have a plentiful supply of good yellow bloom upon them.

It may be thought that the water you brew with is an unimportant matter, this is an error, you must be very particular in this respect. As a general rule, water that is good for *washing* is good for *brewing*.

Mashing is to make sugar in as great a quantity as possible out of the *flour* of the malt. This is done by mixing water with the malt, and its *quality* and *heat* have much to do with the success of the brewing. The temperature must not be too high, that is, close to boiling point, if so, the flour of the malt gets set, causing a starchy mixture, and what is extracted from this is almost useless. When *mashing* is over, the upper parts of the grains will have a covering as though sprinkled with a white kind of meal. The heat of the water for mash No. 1 should be 178 degrees, and for mash No. 2 182 degrees. When you use amber and pale malt mixed together, mash No. 1 should be 172 degrees, and mash No. 2, 178 degrees.

The mash should stand about $1\frac{1}{2}$ hour to 2 hours in the winter, and about $1\frac{1}{4}$ hour to $1\frac{1}{2}$ hour in the summer. A Fahrenheit's thermometer should be used. But this doubtless will be unobtainable by the artisan. However, if it is too hot, or close to boiling, cold water, or as it is always called, liquor, should be used to lower the temperature. Remember that cold water is *heavier* than hot water. So mix the two thoroughly well together, or much of the former will *sink to the bottom*. The water being of a proper heat, let the malt be stirred in *very gradually*, so that no lumps of it occur; stir well with the "rudder." Towards the last it will be almost

too stiff to stir. Keep back some malt for the purpose of strewing over the top of your mash when the mashing is finished.

When running off the wort after it has stood the time as indicated previously let it go slowly. The first running will be sure to be thick, so it must be emptied very gently back into the tub or tun. The second running may also be thick, and if so repeat the process. When nearly out the wort will come very slowly, turn the tap on more so that all may come that will come, and the grains look as though no more moisture was in them. The tap should be turned off now.

The water for the second mash must be preparing whilst the first is standing. The second mash is made by lading upon the grains about half as much water as you used for the first as gently as possible. Half a pint of good yeast will be about enough to work your beer; it should be mixed in some of the wort, a tablespoonful of flour may be put in when fermentation is very lively. Let fermentation be gradual, if too quick the beer will in all likelihood have a very disagreeable taste. When the beer has upon it a thin frothy head, which will occur doubtless the morning after the brewing, it must be thoroughly well mixed up together, and the best thing to do this with is a bowl. The next morning the beer will probably have a thick, creamy head. If any *dark* spots of yeast are observed upon it they must be taken off with the skimmer, and the beer well mixed up again. The yeast that rises to the top in a kind of body, looking thick and yeasty, must be skimmed away before it breaks or falls.

To cleanse beer or ale skim the yeast from the surface, and let

the liquor run off as gently as possible, so as not to rout up the sediment at the bottom. The yeast must *work*, and be got rid of through the *bung hole* of the cask, so that any other vent hole must be plugged for the time being. The yeast will work itself into a pan placed for the purpose underneath the cask. Care must be taken to keep the cask or casks filled up properly with the wort left over, it helps the yeast to discharge itself.

The yeast having ceased to come away from the bung hole, stand the cask upright and add a

few good hops ($\frac{1}{4}$ lb.) scalded in a pint of old ale, put it into the cask and mix it therein with a suitable stick. Bung the cask tightly. Near the bung put a hole called a "spile-hole," and spile it easily during the first 2 or 3 days, when put it in securely.

The *fermentation* will exhibit accurately whether the degrees of heat have been favourable or not. If too high in temperature there will be very large *air-bladders* or bubbles on the head of the beer, if not high enough there will be scarcely any, and those of small size.

CHAPTER XXI.

HOME-MADE WINES AND SIMPLE DRINKS.

HOME-MADE wine is almost always a thing the housewife loves to make, and generally, when she sets her heart upon making it, it is a credit to her. To call them "home-made poisons" is a libel. The two recipes given here for two sorts of home-made Madeira the artisan's wife could manage well and cheaply if she so chooses. It is certainly pleasant, at Christmas time, for instance, to be able to offer one's friends a glass of good but simple and pure wine. A glass of hot wine and water now and then of an evening it is likely the artisan himself may prefer to the poisonous public-house mixtures he gets under the name of gin and water, etc.

RECIPES FOR HOME-MADE WINES, ETC.

Baked apple drink.—Bake half-a-dozen good large juicy

apples. Put them in a large jug. Pour at once 2 quarts of boiling water over them, with a little sugar; stir, cover till quite cold, when strain it.

Rhubarb drink.—Peel some fine, large, ripe sticks of rhubarb; boil them about 12 minutes, having cut them up, in a quart of water, strain, add lemon-juice, 2 table-spoonfuls of powdered loaf sugar, stir again, let it stand 5 hours, and strain again.

Fig and appleade.—Open 6 large, good, dried figs; cut in halves 2 good apples. Boil them slowly for 30 minutes, let them cool, strain.

Lemonade.—Pare a lemon quite thin, and pour over it a quart of *boiling* water. Let it cool covered with a cloth, add the juice of 3 lemons, sugar, strain through muslin.

Home-brewed Madeira.—Allow to each gallon of water $3\frac{1}{2}$ lbs. of sugar; boil it well. Let it get cold, when add also 1 lb. of chopped raisins to each gallon. To every 18 gallons of liquor put 3 gallons of strong ale. Cask it, stir it once a day till fermentation is over. When bunging the cask, put into it 1 oz. of isinglass and 1 pint or so of brandy. (This latter is not indispensable.)

Mock Madeira.—To every 10 gallons of water put 30 lbs. of moist sugar, boil for 30 minutes, strain it well. Let it get cold, and then allow to every gallon a quart of new ale. It must work well for 2 or 3 days, then put it in a barrel with 6 lbs. raisins, 1 lb. sugar candy (dark), $\frac{1}{2}$ oz. isinglass, and 1 pint of brandy. Bung it when it has done working. Bottle it in a year.

Orangeade.—Cut into thin slices a lemon and 2 oranges; put them together with $2\frac{1}{2}$ oz. sugar candy (brown) into a jar. Stir occasionally. When cool, strain through muslin.

The artisan's syrup.—Pick ripe elderberries clean from their stalks, put them into a deep earthen crock, allow $\frac{1}{2}$ pint of water to each quart of fruit. Put them in the oven to stew out their juice. Strain this through a hair sieve, allow 1 lb. of brown sugar to each pint of juice, and to every 2 quarts 1 oz. of good bruised ginger. Boil 30 minutes. Strain through a fine sieve or cloth. Let it cool. Fill bottles with the syrup, and keep them in a cool, dry place. A tablespoonful in a small tumbler of hot water, in which is some lemon-peel or nutmeg, makes a pleasant drink for almost any occasion.

Toast and water.—Toast till brown (not black) part of the top crust of a *stale* loaf. Cover it with either cold or warm water ($1\frac{1}{2}$ pint). It may be flavoured with a few drops of lemon juice.

Raspberry vinegar.—Crush gently 4 lbs. of raspberries. Pour on them $1\frac{1}{2}$ pint of good vinegar (fruit or sugar vinegar is the best to use). Let it stand 24 hours, stirring it often with a spoon of wood. Break up 3 lbs. of loaf sugar in a pan, and put both vinegar and fruit in a jelly bag; stand this *over* the sugar pan, so that the liquor may drop on to it. Squeeze the bag *very* gently, to extract all the juice. Now pour all into a preserving pan, boil for about 5 minutes, sufficient to clear it. Pour it into an earthen jug, let it get cold, and bottle it in half-pint or pint bottles. $1\frac{1}{2}$ tablespoonful in a small tumbler of cold water forms a most refreshing beverage for invalids or in hot weather.

Currant wine.—Pick quite ripe currants, free from stalk, bruise them, but do not break the seeds. Allow $4\frac{1}{2}$ pints of water to every gallon of *pulp*. In 24 hours' time strain it through a hair sieve. Allow now $2\frac{1}{2}$ lbs. of loaf sugar to every *gallon* of juice. Allow 1 quart of British brandy to every 6 gallons of the same. Cask it, let it work till done, then stop it up. Bottle in February. Raspberries improve the flavour wonderfully.

Ginger wine.—Allow to each gallon of water 3 lbs. of loaf sugar, 1 oz. sliced ginger, and the albumen of 6 eggs. Boil for 1 hour, skim it, pour it *boiling* on 5 lbs. of raisins and the rind of 10 lemons. Let the liquor get almost cold,

when add 1 tablespoonful of yeast. Let it work for 2 days, or longer, if this does not cease. Stop it close, leave it for 3 months. Rack it then, add 1 pint of good brandy, and 1 oz. of isinglass dissolved with a dessertspoonful of noyau. Bung for 2 months. Bottle it. Drink in a month after, if wished.

Grape wine.—"Every man, if he can, should grow a grape

vine upon the walls of his house."

Eighteen gallons of this wine will require $1\frac{1}{2}$ bushels of grapes, 51 lbs. of raw sugar. Press the grapes through a sieve, and let the pulp drop on to the sugar. Cover the husks with water, and also press them well. This must be done again and again, till the cask is almost filled. Add a bottle of British brandy.

CHAPTER XXII.

DINNERS FOR THE ARTISAN.

We will begin with the dinner for Sunday, as this is *the* dinner of the week with him and his family. If the children go without meat, etc., on week-days they expect, and usually get, a little on Sunday. Indeed here is another item that needs altering badly in the workman's home. Too often the family lives most expensively upon this day, and perhaps on Monday, and semi-starves the rest of the week, the motto being evidently "Let us be merry while we may." Let them be merry, but let the merriment last seven days instead of two or three only. It is *regular* living of a nourishing kind that does the system good, not "feasts" by fits and starts.

SUNDAY.

A piece of roasting beef without much bone (bought in the market at from 7d. to 8d. per pound), size according to number in family; plainly boiled potatoes and cabbage, horse-radish garnishing or sauce; bread. Boiled suet pudding, with currants, mixed spice, sugar, and chips of orange peel in it.

N.B.—Why should not the artisan have *simple* sauces? They are easily made, and cost next to nothing but the *trouble* of making them.

MONDAY.

Cold meat (no meat for the children) and pickled cabbage (1s. 3d. per 6-lb. jar at the stores, or at large dealers), bread, a *few* potatoes. A large cut-and-come-again boiled rice pudding, with a garnishing of good household jam (5d. per lb., or 2s. 3d. for 6-lb. jar).

TUESDAY.

Hashed beef, if there should be sufficient, if not, bubble and squeak; bread. A large roleypoley pudding of either jam or golden syrup.

WEDNESDAY.

Mackerel or herrings, if cheap, baked in the oven with a little vinegar, spices, and water; potatoes. Stewed prunes or apples and bread.

THURSDAY.

The piece of meat bought on Saturday for the remainder of the week—say mutton to boil. Caper sauce, turnips, if *cheap*, if not, potatoes. Plain batter pudding.

FRIDAY.

Excellent and nourishing soup may be made from the *liquor* of Thursday's mutton, boiled with chopped carrots, onions, remains of yesterday's potatoes and turnips, if any, salt, pepper, and a small bunch of herbs. There should be a good deal of this broth or soup, and the children may eat as much as they can of it. Cut a large dishful of bread the size of dice an inch square, to be put into the plates or basins as required, and recollect to put into your soup all fragments (if any) of food suitable to the purpose.

SATURDAY.

Cold mutton with pickles, or hashed, or minced ditto, according to the season of the year. Fresh fruit pudding, if fruit is cheap, if not, dates and bread.

SUNDAY.

A piece of veal and small piece of bacon (both to be bought at the price the artisan can afford in the market); mashed potatoes for a change, and some green vegetable. A bread pudding (made the day before), with a few raisins, a little spice, and sugar. (Cost—(bread, 3*d.*, raisins, 2*d.*, etc., 1*d.*), 6*d.*

MONDAY.

Cold veal and bacon, pickles or potatoes. A large milk rice pudding for the children, and, if cheap, a dish of baked apples with bread. Pudding will cost (milk, skim, 4*d.*, rice 1*d.*, sugar, etc., 1*d.*) 6*d.*

TUESDAY.

Bone soup with vegetables. Buy at the butcher's 2*d.* worth of bones; put them on together with a carrot sliced, 1 onion, a few herbs, pepper, salt. *Early* after

breakfast let these ingredients be put into a large iron pot, and let them boil up and then simmer till about an hour before dinner time. Then lift out the bones, add more sliced carrot, onion, etc., and let it simmer gently, skimming the top now and then till wanted. Thicken with 2 tablespoonfuls (or 3) of flour well smoothed in water. Serve bread as directed in a previous soup dinner.

WEDNESDAY.

Minced veal; probably the bacon will be all gone. Potatoes. Plain boiled suet dumplings with sugar.

THURSDAY.

Some kind of fish; there is almost always *one* or *two* kinds to be got cheaply, even in small places. Treacle tart, made thus: Make a common paste, line a rather deep pie plate (soup plate will do) with it. Cover the bottom with a layer of breadcrumbs, then one of syrup, and so on till the plate is *nearly* filled. Put on a lid and bake in a moderate oven till the paste is done. Cost (flour 2*d.*, syrup, 1½*d.*, dripping, 0*d.*, breadcrumbs, 1*d.*), 4½*d.* to 5*d.*

FRIDAY.

Meat (piece of salt beef, probably), few carrots, potatoes, bread. Boiled rice pudding with syrup or jam.

SATURDAY.

Soup from the beef liquor—it must, however, if soup be in view from it, not be got too salt—with vegetables boiled in it, and thickened with macaroni (this article of food is cheap and very nutritious). Broken biscuit pudding (broken biscuits can be got at about 2*d.* per pound from the baker's). Soak them in milk and water or skim milk *all night*, beat them up well

with a little sugar, grease a dish, and bake in a fairly hot oven till it is browned. Fruit may be added, either fresh or dried. There will be some meat left, probably. This will make excellent patties or turnovers, and will go towards another meal.

There must not of course be a grain of waste in the artisan's household if he is to live decently well.

There is *no need* for children to have meat *every day*. What they require is variation of plain, simple food. And although we do not exclude them from meat, if proper puddings be provided, yet three part meals from it per week will do all that is required for them in the matter. Some mothers *erare* their children with meat if they can get it to give to them in the hope of making them strong: it is a mistake altogether.

A few words here to the artisan's wife about her table-cloth, and her method of laying it and setting things upon it.

Let the cloth be *clean*.

Let the knives, forks, and glasses be *clean*.

Let the cloth be put upon the table *evenly*.

If you use jam or other preserve with your pudding, or you get out the pickles, take the trouble to put them in as pretty a piece of earthenware, if you do not possess glass, as you may have by you.

If your meat is to be hot, have hot plates to serve it on.

Put a pot of flowers on your table, even if the pot be old and brown and cracked.

Let the children come to table with clean faces and hands, at least.

Come yourself in a like trim.

"What *does* it matter amongst yourselves?"

Well, it matters so much that the probable results cannot be enumerated here.

Try it for a *week*, and you will

never go back to your slovenly, thoughtless habits, if you unfortunately possess these—you *would not be able to*.

GLOSSARY OF COOKERY TERMS.

BAIN MARIE.—A shallow pan that has boiling water in it to keep saucepans placed in it *hot*.

BLANC.—A white broth.

BLANCH.—To strip.

CIVET.—A hash made of pieces of poultry.

COMPÔTE.—Fruits stewed, and served in syrup. Also savoury *compôtes* of small birds in gravy.

CONSOMMÉ.—A strong, rich, transparent gravy.

CROQUETTES.—A mince of meat, etc., rolled in sauce, egg, and breadcrumbs, and fried.

CROUSTADES.—Paste or bread made in moulds, baked, and filled with various minces.

ENTRÉE.—Corner dish, usually in the 2nd course.

ENTREMETS.—Smaller corner or side dishes in the 3rd or 4th course.

GLAZE.—To boil down sauces to a jelly.

PÂTÉ.—Raised pie-crust.

POTAGE.—Soup.

PURÉE is pounded meat, vegetable, fish, etc., used in different soups, and also as a foundation in dishes for the reception of other food.

QUENELLES are a kind of force-meat.

RISsoles are minces formed into various shapes, balls usually, and fried. They are used as *entremets* or as garnishing.

TOURTE.—A tart baked in a flat shallow tin or dish.

VELOUTÉ is a term used for a kind of high seasoning for soups, etc.

VOLE-AU-VENT.—A very light puff paste, with high-class minces inside it.

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